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metroTALKS Conversations with leaders

ELIZABETH MAY: Metro's fourth and final sit-down interview with federal party leaders

Green grows the economy

Green party leader visits the Metro Vancouver newsroom to discuss:

- the oilsands
- strategic voting
- her party's priorities
- Neil Young
- and other issues that affect Canada

Pages 8 & 9 in metroNEWS

PLUS our ongoing daily election page
READY TO ENGAGE on page 10

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Oscar Pistorius' family say his rights "undermined." **World**

Mayor tweets support for tearing down viaducts

PLANNING

Project will create housing, park space, says Robertson

Emily Jackson
Metro | Vancouver

Vancouver Mayor Gregor Robertson appears to support tearing down the Georgia and Dunsmuir viaducts, taking to Twitter to voice his opinion on the proposal two weeks before council decides on the future of the elevated downtown connectors.

Hours after the city's top bureaucrats outlined plans to demolish the viaducts within five years and create an at-grade roadway, condos and a 13-acre park, the mayor chimed in with a series of tweets noting their removal would result in "more park space, affordable housing."

"I had doubts about #viaducts removal 4 yrs ago but city staff studied extensively," Robertson posted Tuesday afternoon. "Connecting Georgia with Pacific = car access maintained."

The mayor also posted that it would cost $65 million for seismic upgrades. "In earthquake, they'd collapse onto SkyTrain," he wrote.

The tweets indicate a shaky future for the viaducts. If the mayor and his fellow Vision Vancouver councillors support the plan, the viaducts will be torn down because Vision holds a majority on council.

It will cost $200 million to demolish the infrastructure, which was built as part of a freeway system that was never completed due to loud protests.

Non-Partisan Association Coun. George Affleck told reporters he is concerned about the cost and the time the teardown will add to commutes. (Planners predict one to three extra minutes.)

But at a news conference underneath the roadway, city officials seemed pretty confident they can pull it off without dipping into the city's coffers.

Instead, they intend to pay for the massive project with developer contributions and by selling city properties, acting director of engineering Jerry Dobrovolny said. He didn't say exactly how much cash different parties would ante up, focusing instead on the merits of the new community.

"This is a once in a lifetime city-building opportunity," he said.

City planner Brian Jackson said the teardown will allow for about 2,500 new housing units and about 750 new housing units on city land that will focus on affordable housing. Developer Concord Pacific is the major landowner in the area that features prime waterfront real estate.

Residents will finally get the park they were promised a couple decades ago, although False Creek Residents Association co-chair Fern Jeffries is concerned about how much additional density will come to the neighbourhood.

Park board general manager Malcolm Bromley, planner Brian Jackson, acting director of engineering Jerry Dobrovolny, and other city bureaucrats outlined their plan to tear down the Georgia and Dunsmuir viaducts at Expo Boulevard and Pat Quinn Way on Tuesday. EMILY JACKSON/METRO

> **I had doubts about #viaducts 4 yrs ago but city staff studied extensively. Connecting Georgia with Pacific = car access maintained.**
> Gregor Robertson, in a tweet

SEARCH AND RESCUE

Groups seek new funding model

Neal Hall
Metro | Vancouver

The 80 search and rescue groups across B.C. are seeking a better way to fund their operations to allow volunteers to do what they do best — rescue people and save lives.

Jim McAllister, director of special projects at the BC Search and Rescue Association, said many of the SAR groups spend too much time on fundraising and seeking donations, which would be better spent rescuing people.

"You've got tired people and they get burned out," McAllister said of the 2,500 unpaid volunteers who search and rescue people from rugged wilderness areas across B.C.

North Shore Rescue said Tuesday it has responded to 120 calls so far this year, compared to about 90 calls in an average year.

BC Search and Rescue Association officials have been meeting with the government to discuss setting up a foundation to fund SAR groups, who receive government funding for core operations but have to rely on donations and gaming grants to continue operating, McAllister said.

That would allow SAR groups to plan ahead on capital spending projects, McAllister said.

At the moment, SAR groups can't put money aside for capital spending, he said.

"If you can't count on that money, you can't plan ahead," McAllister said.

"There is a huge demand for Recreation Professionals, particularly working with seniors."

THERAPEUTIC RECREATION (GERONTOLOGY)

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation.

The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living. These activities include: arts & crafts, music, gardening, games, social events, outings and entertainment.

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Hospital gets self-cleaning rooms

HEALTH

New surfaces meant to cut infection risks

Thandi Fletcher
Metro | Vancouver

Three patient isolation rooms at Vancouver General Hospital have been outfitted with self-disinfecting surfaces as part of a two-year pilot study that aims to reduce the risk of infection for bone marrow transplant patients.

Dr. Elizabeth Bryce, the regional medical director for infection prevention and control at Vancouver Coastal Health who is heading up the study, said the findings could help shed light on how to reduce infection in patients who undergo bone marrow transplants.

"They're quite a vulnerable population," she told Metro. "When they're being prepared for transplant … they have a window of time when they have no white blood cells and very limited antibodies."

Dr. Elizabeth Bryce, regional medical director for infection prevention and control at Vancouver Coastal Health, is leading a study to help bone marrow transplant patients. CONTRIBUTED

Although bone marrow transplant patients are typically kept in isolation rooms for several weeks while undergoing the procedure, Bryce said they still face a high risk of infection.

For the pilot study, researchers re-engineered three isolation rooms at VGH to be self-disinfecting by outfitting high-touch surfaces with copper-nickel, painting walls with titanium dioxide and installing ultraviolet lights that work to disinfect the bathrooms. The $80,000 cost per room of outfitting each room was covered by donations.

Researchers will be profiling the microbiomes — the collective genomes of all the microorganisms that live in the human body — of bone marrow transplant patients, as well as their health-care providers, throughout their hospital stay.

> **They have a window of time when they have no white blood cells.**
> Dr. Elizabeth Bryce

They will then use genome sequencing to map the DNA signature profiles of organisms, and compare the results of patients who stayed in the self-disinfecting rooms with those that stayed in traditional isolation rooms.

If the self-disinfecting rooms prove to be successful, Bryce said the findings could help eventually reduce health care costs at hospitals across Canada.

"The rest of the bone marrow community across Canada is certainly watching this with interest," she said.

IN BRIEF

Girl in coma after being hit by a tree at school

A five-year-old girl is in a medically induced coma after she was hit by a tree Monday at a North Vancouver school.

The tree was on private property beside the school and fell, hitting a fence and a large piece struck the girl while on the grounds of Highlands Elementary school at 3150 Colwood Dr.

The impact broke the girl's arm and caused internal injuries as well as a head injury, RCMP Cpl. Richard De Jong said Tuesday.

A school employee called 911 and the girl was rushed to hospital.

Counselling is being offered to children who witnessed the incident and the school district is investigating.

"I just spoke to her father," De Jong said. "She is in stable condition but the outcome is unknown."

He said an arborist planned to examine the tree to find out why it fell. It appears the tree was rotten, he said. NEAL HALL/METRO

Riding: Vancouver South

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

Also running:

Charles Boylan, Marxist-Leninist

Raj Gupta, Progressive Canadian

*** Some answers have been edited for length**

Amandeep Nijjar – NDP

What is the most important issue facing your riding?

CONTRIBUTED

(Stephen) Harper ran six consecutive deficits and Justin Trudeau wants to add three more. Under the principled leadership of Tom Mulcair, the NDP will ensure jobs by investing in transit and infrastructure while supporting students and seniors. Another core issue in Vancouver South is repairing the damage to our human rights that occurred when Trudeau and Harper voted together on Bill C-51. Vancouver South is diverse and no Canadian should be made a second-class citizen.

Why should people vote for you?

I grew up in this riding and was raised by self-employed immigrant parents who worked hard but sometimes struggled. I want to make it easier for all families to get by. An NDP government will support families by providing affordable $15-a-day child care, improving access to healthcare, reducing prescription drug costs, and cutting taxes for small businesses, which produce 80 per cent of all Canadian jobs.

Harjit Sajjan – Liberal

What is the most important issue facing your riding?

CONTRIBUTED

The hard working residents of Vancouver South are faced with a regularly increasing cost of living, particularly the highly inflated cost of housing and limited opportunities to grow their incomes. Many are particularly concerned about the decreasing opportunities for the young members of their family to live and build a life here in South Vancouver.

Why should people vote for you?

A senior officer with the Canadian Armed Forces he also served 11 years as a Vancouver police officer. Harjit grew up in Vancouver South and is a father of two young children, married to a physician. As a champion of safe streets, he will give youth that sense of purpose so they avoid gangs and a life of crime. Sajjan has dedicated his life to service, and is looking to continue his service to Canada as your next Member of Parliament for Vancouver South.

Wai Young – Conservative

What is the most important issue facing your riding?

CONTRIBUTED

The most important issue in Vancouver South is support for the local community. We need to ensure that families have the ability to take care of their children through the Universal Child Care Benefit. We need to support seniors through larger tax-free savings accounts and pension income splitting. We need to secure the economy through lower taxes and balanced budgets so that our country remains strong and prosperous.

Why should people vote for you?

I am a local candidate who has lived in Vancouver South most of my life. After immigrating from Hong Kong at the age of four, I attended school in Vancouver South (Killarney) and have seen the development first hand of this vibrant community. Prior to becoming the MP for Vancouver South, I worked as policy consultant and community activist within the immigration and foster parent sectors.

Elain Ng – Green

What is the most important issue facing your riding?

CONTRIBUTED

My riding's greatest concerns are jobs today, a future for young people, housing affordability and education. We are facing a lack of willingness to end the dependency on fossil fuels and tar sands by the current and past federal governments (and it) has now impacted all of us negatively. Canada is losing the competitiveness in the new global economies: renewable clean industries and jobs.

Why should people vote for you?

As your Green MP, I'll immediately implement a Canada clean energy bill and a comprehensive strategy with the successful countries in Clean Energy Economies. Help us reach the 18,868 Green votes we need to take Vancouver South to Ottawa.

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Sea otter recovering after historic procedure

ANIMAL WELFARE

Corky is first of his kind to get kidney removal, transfusion

Neal Hall
For Metro | Vancouver

Corky is now recovering after undergoing the first-ever blood transfusion and kidney-removal surgery on a sea otter, the Vancouver Aquarium said Tuesday.

The unusual operation took place Monday night.

And because the aquarium's head veterinarian, Martin Haulena, was in Mexico City to give the keynote address at a conference on animal welfare, a veterinarian and veterinary surgeon from Seattle were called in to assist aquarium vet Karisa Tang.

Corky is now listed in "critical condition with a very guarded prognosis," an aquarium official said.

The sea otter was found injured and rescued on Aug. 13 near Tofino by a team from the Vancouver Aquarium's marine mammal rescue centre.

The otter had a fractured rib, believed to be caused by a boat strike, leading to subcutaneous emphysema — air trapped under his skin.

Unable to dive and forage for food, Corky faced certain death, and life-saving surgery was required, the aquarium said.

Follow-up testing found one of Corky's kidneys likely had ruptured, causing him to pass large amounts of blood.

One of the aquarium's four otters, Elfin, was enlisted to donate blood for a first-ever sea-otter blood transfusion.

Corky also had blood clots removed from his bladder, the aquarium said.

Corky was found injured on Aug. 13 near Tofino by a team from the Vancouver Aquarium's marine mammal rescue centre. COURTESY VANCOUVER AQUARIUM

POLICE

Woman allegedly tried to lure boy from park

Police are seeking witnesses after a woman allegedly tried to lure a 12-year-old boy from an East Vancouver park on Sunday afternoon.

The incident happened around 2 p.m. at Melbourne Park on Vanness Avenue near Melbourne Street when the boy was approached by a woman. She allegedly attempted to lure him out of the area, according to Vancouver police. Police said another adult confronted the woman.

The woman is described as white, five-foot-seven and 125 pounds with blonde hair in a ponytail and protruding front teeth, police said. She was wearing a dark jacket, a white tank top with red writing and faded blue jeans. She was carrying a backpack with another jacket hanging off the side at the time of the incident.

Police said the woman was last seen boarding a train and getting off in the area of Surrey Central SkyTrain station around 2:30 p.m. THANDI FLETCHER/METRO

Riding: Vancouver Quadra

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

*** Some answers have been edited for length**

Also running:

Marc Boyer, Marijuana

Jean-Francois Caron, Independent

Trevor Clinton Walper, Pirate

Kris Constable – Green

CONTRIBUTED

What is the most important issue facing your riding?

Kinder Morgan proposes a sevenfold increase in oilsands tanker traffic through the Burrard Inlet. More than half of British Columbians say they oppose the expansion, including more than three-quarters of young people. While the other parties focus on the pipeline approval process in order to avoid taking a stand, or even fast-track these projects outright, the Green party alone remains steadfastly on the side of all the people and communities threatened by these projects.

Why should people vote for you?

The Liberal incumbent in Vancouver Quadra advocated for a bill that the majority of Canadians were against and that violated Canadian rights and freedoms (Bill C-51) and has not taken a stance against the dangerous proposal for the Kinder Morgan pipeline. Since mid-August, I have knocked on over 11,000 doors to hear what issues concern people.

Scott Andrews – NDP

CONTRIBUTED

What is the most important issue facing your riding?

The most pressing issue facing Vancouver Quadra is the safety of our inlets and our coast and with that protection of our precious fishery and our lucrative tourist industry. On April 2, 700 litres of oil spilled out of the MV Marathassa into English Bay, and it took crews 12 hours to take decisive and effective action. This is unacceptable. Oil tankers continue to traverse our port and travel along our coasts. The frequency of oil spills makes large disasters more probable.

Why should people vote for you?

I believe change is long overdue in Ottawa. Jack Layton's dreams of a just and sustainable future inspired me to join the NDP in 2008. His vision and spirit is now carried on by Tom Mulcair. New Democrats believe government has a vital role to play in making Canadians' lives healthier and more affordable while also protecting the environment.

Joyce Murray – Liberal

CONTRIBUTED

What is the most important issue facing your riding?

Economic opportunity for all Canadians led by a government they can trust. After talking to the people of my riding, it is clear they want a federal partner who will engage constructively with provincial and municipal partners to make strategic investments in local infrastructure, affordable housing, transit, home heating upgrades, education and training to employ our youth and more.

Why should people vote for you?

I love being accessible and working hard to connect constituents with the policies and issues that affect them and I have the track record to show that I am effective in translating these concerns into good public policy. My background as a young immigrant, a mother, a successful businesswoman with experience as a provincial cabinet minister and my eight years representing this riding means I understand the issues and values of my constituents.

Blair Lockhart – Conservative

CONTRIBUTED

What is the most important issue facing your riding?

The economy is the most important issue in Vancouver Quadra. It is our party's and my No. 1 priority. With a $5-billion surplus so far this year, we're pursuing a low-tax, balanced budget plan to protect Canadian jobs and growth. NDP and Liberal deficits and tax hikes will leave our fragile economy exposed.

Why should people vote for you?

As a working mother of two, community leader and volunteer, who has lived, studied and worked in the riding since 1987, I understand Quadra and will provide strong local representation. The ballot question is simple: which party is best to manage and protect the Canadian economy — and your job — in the face of global economic turmoil. The Conservative party has delivered $6,600 in tax cuts per family, a budget surplus and a formal pledge for no new taxes.

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ROB KRUYT/FOR METRO

METROTALKS ELIZABETH MAY

The Green party leader drops in for a revealing chat with Metro Vancouver during another whirlwind day on the campaign trail

BATTLING PUBLIC PERCEPTION

Matt Kieltyka
Metro | Vancouver

Whoosh.

In a sudden rush, Elizabeth May, the Green party's energetic leader, glides into a boardroom at Metro Vancouver's office.

Still munching on a bag of bulk almonds forced on her by her 24-year-old daughter and campaign caretaker, Cate May Burton, the MP for Saanich-Gulf Islands makes her greetings and quickly grabs a hairbrush from Cate's purse.

Two strokes.

"Does my hair look OK?" May asks, using her daughter as a mirror while not seeming to care what the answer is.

Good enough.

No almonds stuck between her teeth? Check. Good to go.

"My daughter keeps me alive," admits May, off the back of a news conference in opposition to increased tanker traffic off B.C.'s coast and cutting it close to her flight out of town.

What follows isn't the scattered lightning round you'd expect from someone living in the eye of the storm, but a composed and revealing conversation about the nation and the misperceived role of the surging Greens in that system.

Chiefly, May bats away the public perception that her party of eco-lovers hate all things oilsands.

"Obviously, the Greens oppose (Kinder Morgan and Enbridge in B.C.), as we oppose Keystone and Energy East," she says.

Obviously. May believes most of our fossil fuels should be left in the ground. But…

"A lot of people don't necessarily fully understand the reasons for our opposition. It's not good for our economy, either, to have a strategy for oilsands development which is about maximizing the production of a low-value product and exporting it unprocessed," she said.

May argues that in supporting a "rip and strip" economy, Stephen Harper's government has been beholden to multinational corporations when it should be processing, upgrading and refining oil and gas at home, stimulating the economy and creating jobs.

"The idea that being against pipelines is somehow being against jobs is absolutely, on its head, the opposite to the reality that this is all about shipping jobs to other countries," May says.

She thinks the federal government should sit down with provinces and create a national energy plan, following former Alberta premier Peter Lougheed's plan to manufacture bitumen, upgrade it to crude and process it in refineries in Alberta as a public resource.

The only country that has successfully followed his plan to the letter, May says, is Norway, which has leveraged its oil reserves into a trillion-dollar legacy fund for its people.

"If you divided up the legacy fund to the population of Norway, every Norwegian is a millionaire," she says, "because they followed Peter Lougheed's plan. So often the Greens are portrayed — because we are absolutely against bitumen pipelines and tankers — we're portrayed as if we're somehow against Canada's economic prosperity, and the opposite is true."

May spends the next 40 minutes talking about strategic voting, her exclusion from various leaders debates, trade agreements and even her aspirations to one day write mystery novels — until she feels a familiar tug on her sleeve.

"We really have to go," Cate pleads, as her mother — ever willing to engage on issues and show off a candidate's "Cut the bulls—" poster — is reluctantly pulled away.

It's going to be another mad scramble to the airport.

Clear a path ahead of the Green tornado's next stop.

Fear, strategic voting biggest threats to the Green party

Emily Jackson
Metro | Vancouver

Elizabeth May thinks her party has a shot at winning 12 to 15 seats, but with one major caveat — it will happen only if people aren't swayed by anyone-but-Harper strategic voting campaigns that assert a Green vote is a wasted vote.

"I have people saying, 'You know, I voted for you last time and I really love you … but this time I have to vote strategically," she said, chastising the increasingly popular argument for strategic voting.

It reasons that a vote for the Greens helps Harper by splitting votes between the Greens, NDP and Liberal candidates, thus stopping any from getting elected.

But May argues that is false.

"If that was true, Stephen Harper would be working to get me in debates, not get us out," she said.

"The biggest threat to those seats going to Greens is people being afraid."

Green voters are often people who usually vote Conservative or people who didn't vote at all in previous elections, she said. In 2008, the year the party got the most votes, Harper won only a minority government. In 2011, when the Green vote plummeted — May believes this is because she wasn't allowed in major debates — Harper won a majority.

May won a seat in 2011 but did not in 2008.

She sympathizes with people who feel pulled to vote strategically but said it discourages voter turnout by making people feel uncertain and fearful. And it's important to encourage people to hit the polls, since nearly 40 per cent stayed at home last time.

"The biggest voting block in this country is the people who in 2011 and in 2008 stayed home," she said.

Outside of B.C., where the Greens undoubtedly hold the most clout, May said there are "pockets of strength" in New Brunswick, Prince Edward Island, Ontario and Quebec.

She is particularly optimistic about the prospects of Mary Lou Babineau in Fredericton and MP Bruce Hyer in Thunder Bay-Superior North.

ROB KRUYT/FOR METRO

PRIORITIES

If the Green party held the power...

Elizabeth May outlines the priorities that she'll try to push through, if the Greens hold the balance of power in the coming parliament:

1. **Foster a co-operative, productive parliament**
2. **Get rid of the first-past-the-post electoral system (the Greens, Liberals and NDP all prefer proportional representation)**
3. **Abolish anti-terror Bill C-51**
4. **Demand real climate action, including keeping tankers off the coastline, and head to the UN climate talks in Paris as leaders**

"That's it."
— Elizabeth May

ON NEIL YOUNG

"The first set of the concert was his more acoustic stuff, his older stuff, so I was transported back. I was remembering my friends' houses where I first heard various Neil Young songs. This was Grade 11. To know I was going to be meeting with him was very cool.

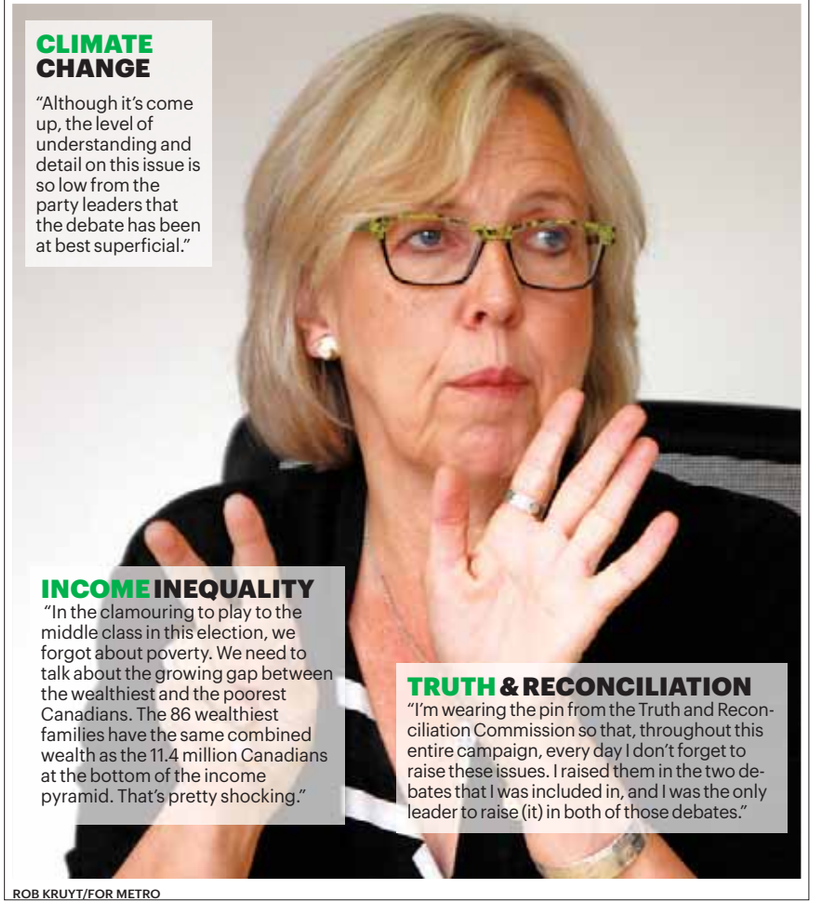
He's been very active on environmental issues and particularly promoting the campaign to put environmental rights in our constitution, and because we're the only party who's been advocating for that, he wanted to meet with me. So it was fantastic.... It was just as exciting as anyone who is a Neil Young fan would imagine it is to have a chance to hang out with him."

— Elizabeth May, after meeting Neil Young in Vancouver on Monday night

Neil Young speaks to reporters in Vancouver on Monday. EMILY JACKSON/METRO

What May would say

Elizabeth May has been forced to sit on the sidelines for three of the five leaders' debates during this election campaign. Here's what she would add to the debate:



CLIMATE CHANGE

"Although it's come up, the level of understanding and detail on this issue is so low from the party leaders that the debate has been at best superficial."

INCOME INEQUALITY

"In the clamouring to play to the middle class in this election, we forgot about poverty. We need to talk about the growing gap between the wealthiest and the poorest Canadians. The 86 wealthiest families have the same combined wealth as the 11.4 million Canadians at the bottom of the income pyramid. That's pretty shocking."

TRUTH & RECONCILIATION

"I'm wearing the pin from the Truth and Reconciliation Commission so that, throughout this entire campaign, every day I don't forget to raise these issues. I raised them in the two debates that I was included in, and I was the only leader to raise (it) in both of those debates."

ROB KRUYT/FOR METRO

CLUB DEAD

Next up for May: The great Canadian mystery novel

When she's not trying to save the world from climate change or investigating secret trade agreements, Green party Leader Elizabeth May wants to create some mysteries of her own.

"I'm a fan of mystery novels," reveals May, who just might be best-selling Canadian author Louise Penny's biggest fan. "I've written eight books, but they're all non-fiction. There are huge threats to my kids and grandkids right now. Until those are resolved, I'm going to stay in politics and I'm going to write non-fiction. But I would love to write fiction."

So without a hint of hesitation, May shared with Metro the first line of her would-be mystery novel, Club Dead:

"The paradise escape vacation had been on her bucket list for as long as she'd had one — but she had not planned it as a terminal trip."

May, giddy with delight, outlines the plot:

"It's going to be a mystery of figuring out whodunit, right? Of course, a place like the fictional Club Med in my Club Dead novel will not be wanting vacationers to know there's something wrong. Like, it was an 'accident' with the scuba equipment, the guy who just died on excursion, and they kind of just shush it up. And when someone gets food poisoning and dies at the buffet, well, did they know the person who just died in the scuba accident? Hmm.

"As the deaths pile up and the core vacation enterprise keeps keeping it quiet, there is one vacationer — of course, she's a police officer from Vancouver taking her first vacation in years — and she starts figuring out that something is amiss."

So keep your eyes peeled, because it looks like someone wants to add an Agatha Award to her Order of Canada.

ROB KRUYT/FOR METRO

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Political junkie breaks mould of the young voter

ROSEMARY WESTWOOD
in Toronto

Alexander Cohen is late.

He arrives with apologies and the buzzing energy of a 20-year-old man who's taken a swig of sweet politics, and is hooked.

Cohen has been in a meeting all morning — every weekday morning, lately — plotting to get out the vote on campus. And, as head of the University of Toronto's young Liberals' club, the Liberal vote, in particular.

This morning's task: How to capitalize on a visit from little-known Stéphane Dion, who was leading the Liberals when today's university students were hitting puberty.

"We're doing a vote mob," he says, which seems to mean a rowdy crowd roaming campus encouraging students to vote in advance polls.

"University students, post-secondary students, actually do vote in the same numbers as the general population. So on a university campus, get out the vote is very useful," Cohen notes. That could especially matter in his Toronto riding, hotly contested between the media-personality candidates of the NDP and Liberals (Jennifer Hollett and Chrystia Freeland, respectively). Some MPs are elected by only a few thousand votes, he notes, an outcome that could be swayed by the thousands of U of T students who will likely cast ballots.

Cohen, raised in a politically savvy Ottawa family, has felt a kinship to politics since he first brought a campaign sign to school when he was a boy (his non-partisan parents wouldn't put it on the lawn).

"What I like about politics is it touches everything," he says. He's curious about how our country is run, and says the Liberals' centrist politics match his belief that "the best solution in this country don't come from the polarized left and right."

The Liberals "have been involved in building this country for years," he says, entrenching official bilingualism, medicare, and the Charter of Rights and Freedoms.

And while he had his doubts when Trudeau was named party leader, "we've seen Justin Trudeau grow over the past couple of years," he says.

Cohen praises the party's housing strategy and plans to improve public transit and boost youth employment. He recounts in detail Freeland's CV and calls her "a heavy hitter."

"There's a lot more the government can be doing" for young Canadians, he says. "Is it easier or harder for a young person like me to pay for school, get a place to live and get a job in downtown Toronto than it was in 2006 when Stephen Harper came to office? It's harder."

Still, he admits that young Canadians remain largely overlooked in national politics. The Liberals, in announcing their final platform document, named it after the golden-goose "middle class" — a purely aspirational group for most millennials.

And yet Cohen remains engrossed. The local battle is tight; recent national polls show the Liberals pulling ahead of the Conservatives, and the NDP waning. "We're on a knife's edge," he says. "We're at a moment right now where so, so much is possible. There's a lot happening, and elections are fun, because they are about possibilities." In the words of a believer, this is big opportunity, and "I think we can seize it."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.

VOTER PROFILE

Name: Alexander Cohen **Age:** 20 **Riding:** University-Rosedale
His issues: Affordable housing, jobs and public transit

Conservative pot stance 'complete nonsense'

POLICY

Advocates say lives shouldn't be ruined over marijuana use

Jeremy Simes
For Metro | Calgary

Gilbert Ngabo
Metro | Toronto

Stephen Harper's recent comments on marijuana have drawn ire from community advocates and medical users of the drug.

While speaking at a campaign stop in Montreal Saturday, the Conservative Party leader said cannabis is "infinitely worse" than tobacco.

He insisted his government would continue to apply tough laws against its use, a stance he's maintained even during candidate debates. Keith Fagin, founder and director with Calgary 420 Cannabis Community, an advocacy group that looks to legalize the sale of marijuana through regulation, much like alcohol, said Harper's comments are "complete nonsense."

"It's ridiculous," he said.

Fagin said the government's current drug policy can ruin young people's lives, where some end up in jail for having a pipe and a bit of residue in it.

> **Harper's claims aren't based on science and evidence.**
> Keith Fagin

"Just because they consume a bit of cannabis doesn't make them bad people," he said. "Kids tell me they feel like they miss out on job opportunities after they get a criminal record for minor incidents."

Pot can also be abused and affect people's health negatively, Fagin added, but alcohol, for example, is no different.

"Anything can be abused," he said. "But marijuana is a lot less harmful when used normally."

The Conservatives have long linked the use of marijuana to the increase in risks of mental health problems. However, medical research on that issue is divided.

Details from a 2014 report on the issue from the Centre for Addiction and Mental Health drew specific conclusions.

While the use of cannabis carries significant health risks — especially for people using it frequently or beginning to use it at an early age — criminalizing it heightens these health harms and causes more social harms, the report concluded.

On a scale of 0-100, both tobacco and cannabis were rated 0 on lethality. Tobacco was rated 100 for damage to physical health, while pot was 20. Marijuana however was rated 30 for impairment of mental functioning, while tobacco was rated 0.

"At the levels and patterns of use reported by most adult cannabis users, the health risks are modest, significantly lower than tobacco or alcohol," the report said.

BY THE NUMBERS

Which is the baddest habit?

Justin Trudeau wants to legalize recreational use of marijuana, while Stephen Harper says pot's effects are 'infinitely worse' than tobacco's. They can't both be right, can they?

10% of users become addicted

4% of users report problems

Has been linked to **bronchitis** and **cancer**

Hindering **cognitive** and **psychomotor** effects

68% of users become addicted

Between **30% & 50%** of users report problems

37,000 people die each year due to use

Costs health care **$4.4 billion** every year

SOURCE: THE CANADIAN PRESS

Harper to ponder banning the niqab in public service

ELECTION 2015

Claims Tories united with public opinion on matter

A Conservative government would look at banning public servants from wearing the niqab, Stephen Harper told the CBC on Tuesday.

"That's a matter we are going to examine," Harper said in an interview with Power and Politics host Rosemary Barton.

"Quebec, as you know, has legislation on this, and we are looking at that legislation."

Harper said the "vast majority of Canadians" understand the Conservative government's decision to try to ban face coverings at citizenship ceremonies.

The policy, however, has been overturned in the courts.

The Federal Court of Canada found the rule unlawful in February, and the Federal Court of Appeal recently upheld the decision.

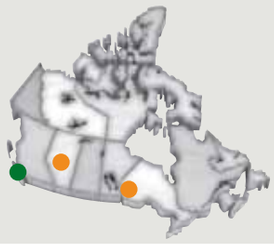
On Monday, the appeal court also rejected the government's request to put the ruling on hold while Ottawa seeks a hearing at the Supreme Court of Canada.

Justice Johanne Trudel dismissed the government's application for a stay of a Sept. 15 decision that affirmed the unlawfulness of the prohibition on face coverings at citizenship ceremonies.

The case was brought on behalf of Zunera Ishaq, who refused to take part in a ceremony because she would have to show her face while reciting the oath of citizenship.

The NDP and Liberals have accused the government of using the issue to distract voters. THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper's** itinerary is not available.
- **Justin Trudeau's** itinerary is also unavailable.
- **Tom Mulcair** will be in Enoch, Alta., Whitefish Bay, Ont., and Kenora, Ont.
- **Elizabeth May** will be in Victoria, B.C.

Conservative Leader Stephen Harper greets supporters before speaking during a campaign stop at Global Systems Emissions Inc. in Whitby, Ont., on Tuesday.
NATHAN DENETTE/THE CANADIAN PRESS

FREEDOM

Fahmy making return to Canada

A Canadian journalist who fought terror-related charges in Egypt for nearly two years has finally begun his journey home.

Mohamed Fahmy tweeted a photo on Tuesday of himself with Canada's ambassador to Egypt, Troy Lulashnyk, writing: "Canadian Ambassador Troy kindly escorted me to the gate at Cairo airport. A glorious end to our battle for freedom!"

On Monday, Fahmy was told his name was removed from a no-fly list, clearing the way for his departure from Cairo.

Fahmy's first stop is London, where he plans to meet with his high-profile lawyer, Amal Clooney, and take part in a few speaking engagements.

He is then expected to fly to Toronto, where he's said he plans to urge political party leaders to make sure Canada does everything possible to help citizens detained abroad THE CANADIAN PRESS

LGBTQ ISSUES

Another Conservative gets the boot

The Conservative Party says a candidate in suburban Toronto who defended therapies that attempt to turn gays straight is no longer an official candidate for the party.

Jagdish Grewal, who is running in Mississauga-Malton, wrote an editorial entitled "Is it wrong for a homosexual to become a normal person?" that referred to homosexuality as "unnatural behaviour" and heterosexuals as "normal."

A party spokeswoman said Tuesday night that Grewal's comments "are not reflective of the views of the Conservative Party of Canada."

In Surrey, B.C., NDP Leader Tom Mulcair held a unscheduled media availability late Tuesday to call for Grewal's removal as a candidate.

"Mr. Harper has to fire that candidate," said Mulcair, who had earlier taken to Twitter to denounce Grewal's "homophobic" comments.

Grewal is just the latest in a series of unacceptable comments by Conservative candidates, Mulcair said, noting that Harper has signed the nomination papers of Tory incumbents John Williamson and Larry Miller. Williamson complained last March that "brown people" were taking white people's jobs and Miller told a call-in radio show that Muslim women who don't want to remove their face-covering veils during citizenship ceremonies should go back to where they came from.

> **There is no place for offensive and homophobic statements.**
> Liberal Leader Justin Trudeau

"There is no place for offensive and homophobic statements. The Conservatives should apologize and Stephen Harper needs to remove this candidate," Liberal Leader Justin Trudeau said in a statement released by the party. THE CANADIAN PRESS

SCIENCE

Neutrino scientists share Nobel Prize in Physics

A professor emeritus at Queen's University in Kingston, Ont. — the former director of the Sudbury Neutrino Observatory in northern Ontario — is a co-winner of the 2015 Nobel Prize in Physics for his work on tiny particles known as neutrinos.

Arthur McDonald, a native of Sydney, N.S., was roused from sleep at about 5 a.m. on Tuesday by a phone call from the Nobel Prize committee telling him the news.

McDonald and Japanese scientist Takaaki Kajita were cited for the discovery of neutrino oscillations and their contributions to experiments showing that neutrinos change identities.

"The discovery has changed our understanding of the innermost workings of matter and can prove crucial to our view of the universe," the Royal Swedish Academy of Sciences said.

The winners will split about $960,000 in prize money. Each winner also gets a diploma and a gold medal at the prize ceremony on Dec. 10. THE CANADIAN PRESS

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IN BRIEF

Possible body spotted in search for missing yacht

A yacht carrying two Britons, an American, a Canadian and a Filipino disappeared while sailing from Hong Kong to Subic Bay northwest of Manila in waters that were lashed by a storm last week, the Philippine coast guard said Tuesday. A search plane spotted what appeared to be a floating body, orange objects and an oil slick in the high seas but it has yet to confirm if they were from the yacht Europa.

THE ASSOCIATED PRESS

Priest says pointing weapon at boy was joke

A New Jersey priest accused of pointing a functioning musket at an eight-year-old boy in a church's rectory as part of a football rivalry has pleaded not guilty to child endangerment and aggravated assault charges. The Rev. Kevin Carter, an avid New York Giants fan, claims it was joke that was misinterpreted. He and the boy, who roots for the Dallas Cowboys, were talking about football shortly before the incident occurred.

THE ASSOCIATED PRESS

Police rescue store owner being crushed by python

The owner of a reptile store is recovering after police officers pried off a six-metre python that was crushing the man. Kentucky police tell local news outlets that owner Terry Wilkens was feeding the snake Monday morning when the 56.7-kilogram python attacked. Collins says one of the two responding officers knew to uncurl the snake by grabbing it from its head, freeing Wilkens.

THE ASSOCIATED PRESS

Flood ruins homes

SOUTH CAROLINA

Historic rainstorm blamed for at least 17 deaths

The family of Miss South Carolina 1954 found her flood-soaked pageant scrapbook on a dining-room floor littered with dead fish on Tuesday, as the first sunny day in nearly two weeks provided a chance to clean up from historic floods.

"I would hate for her to see it like this. She would be crushed," said Polly Sim, who moved her 80-year-old mother into a nursing home just before the rainstorm turned much of the state into a disaster area.

Owners of inundated homes were keeping close watch on swollen waterways as they pried open swollen doors and tore out soaked carpets.

So far, at least 17 people have died in the floods in the Carolinas, some of them drowning after trying to drive through high water.

Sim's mother, known as Polly Rankin Suber when she competed in the Miss America contest, had lived since 1972 in the unit, where more than three feet of muddy water toppled her washing machine and turned the wallboard to mush.

"There's no way it will be what it was," said Sim. "My mom was so eccentric, had her own funky style of decorating; there's no way anyone could duplicate that. Never."

Tuesday was the first dry day since Sept. 24 in South Carolina's state capital, where a curfew was in effect. But officials warned that new evacuations could come as the huge mass of water flows toward the sea, threatening dams and displacing residents along the way.

Of particular concern was the Lowcountry, where the Santee, Edisto and other rivers make their way to the sea. Gov. Nikki Haley warned that several rivers were rising and had yet to reach their peaks.

THE ASSOCIATED PRESS

Floodwater covers a swing set in Effingham, S.C., on Tuesday. GERRY BROOME/THE ASSOCIATED PRESS

SOUTH AFRICA

Family of Pistorius speaks out

Oscar Pistorius' family criticized South African authorities on Tuesday for delays in deciding whether he should be released from jail and moved to house arrest, saying his rights were being "undermined" because of the publicity surrounding his case.

The family also reacted to parole officials' recommendation that the double-amputee runner undergo psychotherapy, saying he was already receiving "regular and ongoing" psychotherapy from both his personal and prison psychologists.

The Pistorius family spoke out in a written statement after his early release — which had been granted in June — was cancelled Monday and ordered to be reconsidered.

Pistorius was approved to be released on Aug. 21 after serving 10 months of his five-year manslaughter sentence for killing girlfriend Reeva Steenkamp. He would have been moved from jail after one-sixth of the sentence to serve the remainder at home.

THE ASSOCIATED PRESS

EUROPEAN UNION

Turkey offered cash incentive

metro The Syrian Crisis
The action plan

The European Union is ready to offer Turkey new incentives to better tackle the Syria refugee crisis, including money, the easing of visa restrictions and intelligence sharing.

The offer came in an action plan unveiled Tuesday, which in exchange, would see Turkey improve its asylum and documentation procedures and beef up border security.

Around two million refugees from Syria are currently in Turkey.

The Draft Action Plan was presented to Turkish President Recep Tayyip Erdogan during his two-day visit to Belgium and the EU, but has yet to be officially accepted by Turkey.

It doesn't address demands made by Erdogan for Turkey's EU membership process to move ahead more quickly.

Nor does it directly address calls he made for European backing for a safe haven and no-fly zone around Syria's northern border, which he said are key to ending the refugee crisis.

Under the offer, Turkey would receive up to 1 billion euros ($1.1 billion US) to help manage its refugee crisis, and EU funding to help build six reception centres for refugees in Turkey.

The EU is caught in a delicate balancing act, wanting to encourage Turkey to better control its borders amid continued criticism of the abuses of the Kurdish minority there and attacks on the media and justice system.

THE ASSOCIATED PRESS

BOMBINGS

Russian campaign crowds Syria skies

Russia's entry into the crowded and sometimes unco-ordinated air wars in Syria is making the U.S. increasingly nervous, reflecting concern at the Pentagon and in Europe about the risk of accidents or unintended conflict.

The Russians sent word Tuesday that they are willing to resume talks on ways to avoid warplanes running into each other, or firing upon one another, in the skies over Syria.

The NATO alliance on Monday denounced Russia for "irresponsible behaviour" for allowing its warplanes to twice cross into Turkish airspace.

The situation in Syria is unlike any in recent memory, with multiple air forces bombing a variety of targets, and with no single mechanism for command and control. Russia's role is especially tricky for the U.S., in part because its political aims in Syria are at odds with Washington's.

THE ASSOCIATED PRESS

ZIMBABWE

Suspected poachers poison 14 elephants

Fourteen elephants were poisoned by cyanide in Zimbabwe in three separate incidents, two years after poachers killed more than 200 elephants by poisoning, Zimbabwe's National Parks and Wildlife Management Authority said Tuesday.

Three elephants were killed in Matusadona National Park in the Kariba area in northern Zimbabwe and 11 more were found dead in two different spots in Hwange National Park in western Zimbabwe over the past two weeks.

In all cases the elephants were killed by cyanide, according to kidney and liver samples from the dead elephants tested by the Biological Sciences Department, said parks spokeswoman Caroline Washaya Moyo.

In Kariba, poachers laced oranges with cyanide, she said, while in Hwange the poison was put on salt licks.

The ivory tusks had been cut off six elephants at one location in Hwange park but the other five elephants still had their tusks, suggesting the poachers were disrupted. The motive for the killings in Matusadona was not known.

100K

The national parks authority estimates Zimbabwe has an elephant population of more than 100,000, though the land should ideally only support 40,000.

There have been no arrests so far over the latest incidents, said Clement Munoriarwa, police commander for Mashonaland West province.

"We have had a number of poaching activities in the province, they are actually increasing each day," said Munoriarwa on state television. "Some are done through the use of firearms and, of course, we have cases where we suspect that there is cyanide poisoning."

THE ASSOCIATED PRESS

Elephants cross the road in Hwange National Park, about 700 kilometres southwest of Harare, Zimbabwe. THE ASSOCIATED PRESS

IN BRIEF

Microsoft rolling out new slate of products

Microsoft unveiled its new Lumia 950 phones Tuesday that blur the lines between a phone and a computer. With an optional dock, you can attach a regular monitor, keyboard and mouse and work with apps on the phone just like you would on a Windows 10 desktop. The phones start at $549 US and will be available in November. The company also announced an updated fitness tracker and showed off a HoloLens virtual-reality device.

THE ASSOCIATED PRESS

market minute

DOLLAR 76.76¢ (+0.35¢)

TSX 13,647.26 (+95.06)

OIL $48.53 US (+$2.27)

GOLD $1,146.40 US (+$8.80)

NATURAL GAS: $2.470 US (+2.0¢)
DOW JONES: 16,790.19 (+13.76)

Most not ready for a rate hike

PERSONAL FINANCE

Survey finds 16% couldn't pay $500 more in mortgage

Nearly one in six Canadians would not be able to handle a $500 increase in their monthly mortgage payments, a new survey from the Bank of Montreal suggests.

According to the bank, 16 per cent of respondents said they would not be able to afford such an increase, while more than a quarter, or roughly 27 per cent, would need to review their budget.

Another 26 per cent said they would be concerned but could probably handle it.

Such an increase would be generated in the case of a three percentage point hike in interest rates — from 2.75 per cent to 5.75 per cent — on a $300,000 mortgage with a 25-year amortization period.

A report by Statistics Canada last month found the ratio of household credit market debt to disposable income climbed in the second quarter of 2015 to 164.6 per cent, up from 163.0 per cent in the first three months of the year.

That means Canadians owed nearly $1.65 in consumer credit and mortgage and non-mortgage loans for every dollar of disposable income.

The report by BMO's Wealth Institute found that almost half of Canadians, 47 per cent, believed that the high level of debt in Canada has been influenced by soaring real-estate values, while 40 per cent believed it has been influenced by low rates.

> **Many Canadians have used low interest rates to get larger loans on more expensive houses.**
> BMO report

Interest rates, including mortgage rates, have been near historic lows.

BMO noted that when interest rates are low, it is a good time to make aggressive principal repayments on loans. Its survey found that 35 per cent of respondents are looking to pay down their mortgage sooner.

"However, statistics have shown that debt service rates have not changed very much from the early 1990s, when interest rates were much higher," the report said. "It appears that many Canadians have used low interest rates to get larger loans on more expensive houses rather than to aggressively repay their debt."

THE CANADIAN PRESS

BMO's Wealth Institute reports 47 per cent of Canadians believe soaring real-estate values have influenced consumers' high levels of debt. THE ASSOCIATED PRESS FILE

Away or busy on October 19?

You can vote in advance.

If you're ready to vote early, you can vote at your advance polling place between October 9 and 12, from noon to 8:00 p.m.

Or you can vote at any Elections Canada office across the country any day until **October 13** at 6:00 p.m.

For all voting locations, check your voter information card, visit **elections.ca** or call **1-800-463-6868 (TTY 1-800-361-8935)**.

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58228A

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/ OR /

UP TO $12,000

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015 TRAX LS

55449A

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/ OR /

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TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $1,000 OWNER CASH†† AND $500 SEPTEMBER BONUS*)

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54654A

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51570A

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/ OR /

UP TO ~~$4,000~~ $4,500

TOTAL CASH CREDIT† ON OTHER MODELS

(INCLUDES $1,000 OWNER CASH†† AND $500 SEPTEMBER BONUS*)

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TP $28,288

PRICE $19,995 — $136 PMT

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#6314, Auto, air, loaded, alloys (Sunroof)

TP $23,712

PRICE $16,495 — $114 PMT

2014 Hyundai Elantra

#6635, Auto, air, power windows, loaded

TP $21,076

PRICE $13,995 — $97 PMT

2014 Hyundai Accent 5DR

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2008	Hyundai Sonata GLS	$6,995	#5969
2009	Chevrolet Impala LT	$6,995	#6201
2012	Fiat 500 Sport	$9,995	#6220
2013	Hyundai Sonata	$13,777	#5758
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metro VIEWS

A paper in the journal Science has raised hackles for suggesting the food guide should account for the environmental impact of our choices. Food industry reps dismiss it as political overreach.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I am a student at one of Canada's top universities and I just got a disturbing mass email from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob?

Dear Ellen,

I am a student at one of Canada's top universities and I just got a disturbing mass email sent out to the whole class from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob? Is that wrong?

Rufus in Vancouver

Dear Rufus,

Coincidentally, I just heard a story from a relative in Winnipeg about a disturbing grammatical incident in an operating room. A teenager named Forbes was getting a couple of screws put into his tibia to repair a badly broken leg. As he was going under, he asked the anesthesiologist about a sheet suspended from a bar above his chest. "Is that so I can't see what's happening?" Forbes asked. "Probably," said the anesthesiologist. Forbes felt his concern rising. "Because I really don't want to see this," he added. The anesthesiologist shrugged: "It don't matter."

Forbes was almost unconscious at this point — but sheer disbelief evoked a superhuman effort to remain alert. Did this medical doctor, who was a native English speaker and who was presumably university-educated and who was in charge of calibrating a chemical cocktail that could turn Forbes' teenaged brain into perma-mush, just say, "It don't matter"?

Clinging to his last shred of consciousness, Forbes slurred out a correction: "Donshew minn it *dushent* matter?" The last thing he remembers is the OR erupting in laughter.

Unfortunately, Forbes' distrust of the badly spoken anesthesiologist was borne out when, not having been given enough gas, he woke up in the middle of the procedure and then, after the doc administered too much compensatory gas, he puked his guts out in post-op.

I hesitate to draw a direct line between bad grammar and life-threatening incompetence and I definitely do not subscribe to the elitist attitude that perfect grammar is a must for everyone. Clear communication is vastly more important than slavishly following rules. To the extent that such rules are useful at all, it's insofar as they transmit meaning clearly. And being a snob about language is the antithesis of both clear communication and good manners.

But if there is a time and a place for proper grammar, surely it's among expensively trained, highly trusted medical professionals and academics.

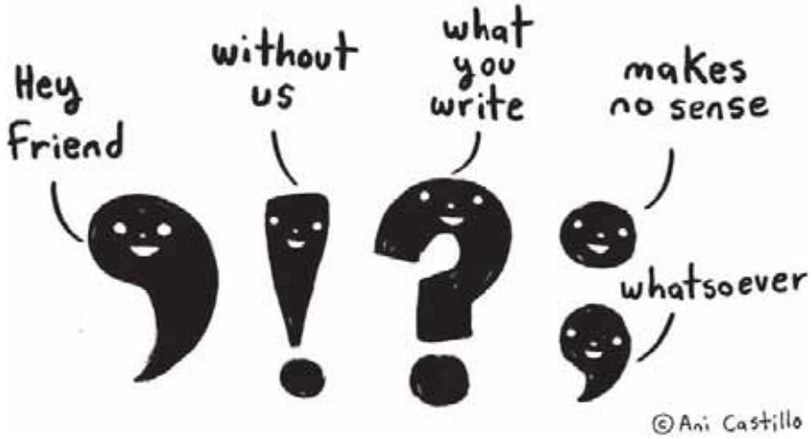
If you're at a top university, Rufus, you (or your parents) have probably spent a small fortune on tuition, books, supplies and room and board, and it's reasonable, and in no way "snobby," to expect your teachers to be at least as respectful of written communication as you are. You're at university to learn how to think critically, with precision and subtlety. Proper grammar and punctuation are essential tools used to achieve precision and subtlety. How can you learn from someone who doesn't seem to know this?

As it is, your professor's sloppily written email indicates sloppy thinking. It's possible he or she is learning disabled, or dyslexic, or the email was written under duress while your professor was being held captive and is actually a carefully coded cry for help — in which case we'd love to hear the whole story, grammatical or otherwise. But, barring the kidnapping scenario, there's no excuse for not asking someone else to edit communiqués before inflicting them on impressionable students. Personally, I'd be tempted to send the professor a corrected version of the email and then ask for a refund on that particular course.

But let us not forget the lesson of the ungrammatical anesthesiologist. You may not want to risk being subjected to the academic equivalent of too much or too little surgical-strength ketamine on your pliant young brain.

My advice is that you fill out the online survey that university students are asked to complete these days. Be fair, and polite, but detailed in your description of any and all sloppy emails sent out by any and all instructors.

And, seriously, when else will you ever get the chance to pen a (supposedly) Churchillian and deliciously ironic phrase such as: "This kind of grammatical offence is something up with which I will not put"?



Clear communication is vastly more important than slavishly following rules.

Need advice? Email Ellen: scene@metronews.ca

metroview

Here's why farmers are turning against the Conservatives

Laura Boyd-Clowes
For Metro

Farmers have traditionally been reliable supporters of Stephen Harper's Conservative government.

But that's changing. In the past five years, more and more farmers have turned against the prime minister. A farmer in Brantford, Ont., recently went so far as to mow the message "Anybody But Harper" into one of his fields.

The reason for the backlash is simple: the current government has demolished the precious little security of Canadian farmers' livelihoods.

One of the worst attacks on farmers was when the government handed the Canadian Wheat Board to Saudi- and U.S.-based firms, against wheat farmers' wishes.

Canadian wheat growers now face uncertain competition in global marketplaces. Probably only the largest operations will be able to survive.

What's more, Harper's been responsible for many devastating cuts to agricultural research, leaving farmers without the knowledge they need to do their jobs — and grow our food. Shouldn't a federal government make that a top research priority?

Canadian farmers are also worried about the decision by Harper to sign the Trans-Pacific Partnership (TPP) — a free-trade agreement intended to improve Canada's economic relationships with other countries along the Pacific, including the U.S., Australia, Japan and Chile. Dairy farmers have been demonstrating against the TPP, which they say jeopardizes their livelihoods.

Because the agreement means more imported dairy, they fear overseas producers will out-compete Canada's own suppliers. Profits are already so low, many small dairy farms across the country have been forced out of business.

If larger international companies manage to undercut Canadian prices, this will make it even harder for our farmers to make a decent living. Small, independent farmers will be increasingly contributing to unemployment statistics.

There is a not-so-hidden message behind Harper's actions: the Conservatives know what is best, so we should all just shut up about it.

Farmers understand what's best for themselves. Working with plants, animals and machinery in increasingly unpredictable weather, overcoming obstacles and improving margins requires practical, scientific thinking.

Farmers have to be skilled at observation. So when they say, "These policies will not work for us," they've observed the results of similar policies elsewhere and seen that they haven't worked for farmers there.

No matter whether you're urban or rural, or what your job is, as long as you eat, you should be worried. The livelihoods of small farmers, and by extension the sovereignty of our food system, is depending on voters to reverse the damage Harper's government has done.

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by Jason Logan

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Ellen Page could reprise Julia Roberts' role in the 1990 sci-fi thriller Flatliners

A healthy obsession

RECIPE EXCERPT

Almond-Crusted Trout and Ginger Rice Pilaf

Quantity: 4 servings
Prep time: 30 minutes
Cooking time: 6 minutes

INGREDIENTS

- 2 Tbsp butter
- 1/2 cup finely chopped yellow onion
- 2 Tbsp fresh ginger, peeled and finely chopped
- Salt and freshly ground pepper, to taste
- 1 cup long-grain white rice
- 2 cups chicken stock
- 1 1/2 lbs trout

For the crust:

- Zest and juice of 1 lime
- 1 to 2 tsp sriracha sauce, to taste
- 1/4 cup finely chopped fresh cilantro
- 1/3 cup panko bread crumbs
- 1/3 cup almond flour
- 1/3 cup mayonnaise
- Salt and freshly ground pepper, to taste

STEPS

1. Preheat the oven to 400 F.
2. Melt the butter in a pot and cook the onion and ginger together until soft, about 5 minutes. Season with salt and pepper.
3. Add the rice and cook for 2 more minutes, stirring often.
4. Add the chicken stock and bring the mixture to a boil.
5. Reduce the heat, cover and cook for 15 to 20 minutes or until the rice has absorbed all the stock. Adjust the seasoning.
6. Arrange the trout on a baking sheet, season with salt and pepper, and set aside.
7. In a bowl, combine all the crust ingredients. Season with salt and pepper, and then spread the mixture over the trout fillets.
8. Bake in the oven for 5 to 6 minutes, and then broil until the crust turns lightly golden brown.
9. Serve with the rice pilaf.

Trout gets a flavour boost with a tasty panko crust.
PROVIDED

COOKBOOK

After battling anorexia, Marilou blogged her way back to eating well

Melita Kuburas
Metro | Canada

Food is culture. Food is nutrition. Food is friendship.

Increasingly, food has also become an obsession, with many of us photographing and posting our pretty plates, proselytizing about "eating clean" or the health benefits of hemp seeds, kombucha, or sacha inchi — examples of my own recent fetishes.

For Marilou, a French-Canadian singer and blogger whose cookbook Three Times a Day comes out on Saturday, food used to be something to fear.

"Food was kind of an enemy because it would make me become fat. It was the only thing I could feel around food," says Marilou, who battled anorexia for about five years. Her eating disorder started when she was 16 and left her physically and emotionally spent.

"I loved eating but I couldn't enjoy it. I was really obsessed. I was only thinking about that, even if I was at a movie or with friends or with family," says the 25-year-old, who goes only by her first name.

"I knew that I wanted children and so I knew that I wouldn't be able to continue my life like that and be the woman that I wanted to become."

Marilou is now expecting a child with her husband and collaborator, Alexandre Champagne, 30.

Together they started the blog TroisFoisParJour.com on the heels of Marilou's recovery, in part as a way to share her experience with the thousands of young women who started reading. Since its launch in 2013 the blog has attracted 400,000 followers, and last year's French-language print of the cookbook has sold 200,000 copies.

Champagne's background as a portrait photographer translates into the esthetic of the cookbook, where the meal is his muse. He combines his love of vibrant colours with an earthy backdrop — meaning the meals are pictured against distressed wood, burlap placemats and chipped vintage china.

Diversity is a strong point, with recipes that range from the economical (a simple Pulled Pork Tacos and Almond-Crusted Trout) to the more involved (a gorgeous Cream of Beet and Almond Butter Soup and My Favourite Chocolate Cake.)

In this book, food is a gift — quite literally. Seventeen of the recipes are categorized as such. The Spiced Lentil and Barley Soup can be assembled in a pretty jar with a ribbon tied on, as can the six different kinds of pestos, the recipes for which are displayed in a two-page infographic.

Marilou says she just wanted to include recipes people will want to cook. "That's the only thing I was thinking about," she says.

Even with a new appreciation of food — and less fear — Marilou admits she is still influenced by her past when it comes to the recipes she includes in her work.

"I'm a different person because of what I've been through. So, yes, I was inspired by my condition," she says. "And while it's good is to eat healthy food, (it's also OK) to eat desserts once in a while."

ALEX'S PICK

'My Favourite Chocolate Cake'

For the past few years, I've been absolutely mad about this cake, chockfull of chocolate — and mayonnaise! If the combination seems strange, don't think about it and just try it. I guarantee you'll fall in love. This isn't the healthiest dessert, which is probably why I like it so much.

You don't have to top the cake with fruit. I only do when the fruit is fresh, in season and inexpensive.

Quantity: 10–12 servings
Prep time: 30 minutes
Cooking time: 30 minutes

INGREDIENTS

A bit of butter, to butter the pans
2 cups all-purpose flour
3/4 cup unsweetened cocoa powder
1 tsp baking soda
1/2 tsp baking powder
A pinch of salt
3 eggs
1 3/4 cups sugar
1 tsp vanilla extract
1 cup mayonnaise
1 1/3 cups water
1/2 cup dark chocolate chips
Icing sugar, for decorating
2 cups fresh fruit of your choice (optional)

For the icing:

1 1/2 lbs butter, at room temperature
3/4 cup unsweetened cocoa powder
4 1/2 cups icing sugar

STEPS

1. Preheat the oven to 350 F. Butter two 9-inch springform pans. Set aside.
2. In a bowl, combine the flour, cocoa powder, baking soda, baking powder and salt. Set aside.
3. In a large bowl, whisk together the eggs, sugar and vanilla, for about 3 minutes or until the mixture is nice and foamy.
4. Whisk in the mayonnaise and water.
5. Gradually add the dry ingredients. Stir well, and then fold in the chocolate chips.
6. Pour the batter into the buttered pans and bake for 30 minutes or until the cakes are completely cooked in the middle.
7. Let the cakes cool completely before removing them from the pans.
8. Meanwhile, using an electric mixer, combine the icing ingredients, mixing until smooth and creamy. Set aside.
9. Place one of the cooled cakes on a serving plate and spread an even layer of icing on top. Place the second cake on top and spread the remaining icing over the entire surface, including the sides. Sprinkle with icing sugar, decorate with fresh fruit and serve.

THESE RECIPES ARE TAKEN FROM THREE TIMES A DAY BY MARILOU AND ALEXANDRE CHAMPAGNE. REPRODUCED WITH PERMISSION FROM HOUSE OF ANANSI PRESS, HOUSEOFANANSI.COM. AVAILABLE FROM YOUR LOCAL BOOKSELLER OR FROM HOUSEOFANANSI.COM.

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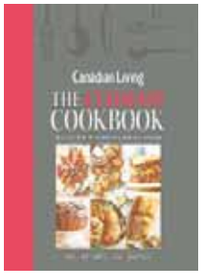
RECIPE EXCERPT CANADIAN LIVING: THE ULTIMATE COOKBOOK

Smoked brined turkey



To celebrate 40 years of Canadian Living, the magazine's test kitchen has published a cookbook of more than 300 recipes: from appetizers to desserts and everything in between.

With Thanksgiving this weekend, Metro excerpts a recipe for brined turkey cooked on the barbecue.

For people who have packed their grill away for the season, the same recipe can easily be duplicated in the oven.

RECIPE FROM THE CANADIAN LIVING ULTIMATE COOKBOOK, $44.95, COPYRIGHT 2015 JUNIPER PUBLISHING.

Cooking your turkey on the barbecue keeps your oven free for other dishes. For best results, do not use a bird larger than 6 kg on the barbecue. You'll need about 2 1/2 cups applewood chips; soak them in water for an hour before using.

Hands-on time: 50 minutes
Total time: 16 hours
Makes: 12 to 15 servings

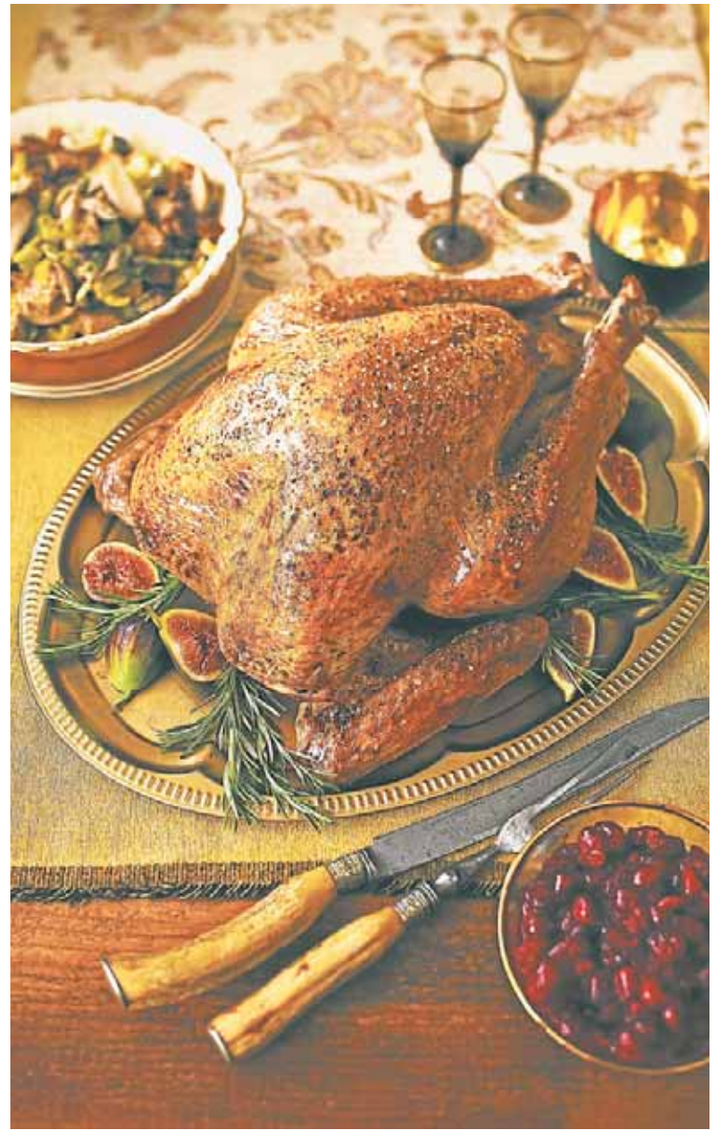
INGREDIENTS
Brined Turkey:
- 1 1/4 cups coarse salt
- 1/2 cup packed brown sugar
- 5 cups boiling water
- 1 orange
- 1 lemon
- 6 cloves garlic, crushed
- 2 Tbsp whole allspice
- 1 Tbsp black peppercorns
- 6 bay leaves
- 11 cups ice water
- 1 whole fresh turkey (4.5 to 6 kg)
- 3 Tbsp olive oil

Gravy:
- Chicken broth (optional)
- Unsalted butter (optional), melted
- 1/3 cup all-purpose flour
- 1/3 cup dry white wine
- Pinch pepper

DIRECTIONS
Brined Turkey:
In large saucepan, dissolve salt and sugar in boiling water. Peel zest from orange and lemon; squeeze juice into bowl. Add orange and lemon juices and zest to pan. Add garlic, allspice, peppercorns and bay leaves. Let cool slightly. In large stockpot placed inside cooler or large bucket, combine brine mixture with ice water. Let cool completely, about 1 hour. (Make-ahead: Cover and refrigerate for up to 3 days.)

Remove neck and giblets from turkey; set neck aside for gravy. Discard giblets. Add turkey to brine; cover and refrigerate for 12 to 15 hours.

Heat 1 burner of 2-burner barbecue or 2 outside burners of 3-burner barbecue to medium. Seal soaked applewood chips in heavy-duty foil; poke several holes in top. Place over lit burner(s) or directly on coals. Remove turkey from brine and rinse in cold water. Discard brine. Pat turkey dry inside and out. Place on greased rack in roasting pan; add reserved turkey neck to pan. Brush turkey all over with oil. Place pan on grill over unlit burner with legs facing centre of grill.



Close lid and cook, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170 F (77 C) and juices run clear when meat is pierced, 2 1/2 to 3 hours. Transfer to cutting board; cover loosely with foil and let rest for 30 minutes before carving.

Gravy:
Remove neck from pan; set aside. Pour juices in cavity into heatproof liquid measure. If necessary, add enough chicken broth to make 3/4 cup. Drain all but 1/4 cup fat from pan, adding butter if not enough fat remains; cook over medium heat for 1 minute, scraping up browned bits from bottom of pan.

Add flour; cook, stirring, until slightly darkened, about 3 minutes. Add wine and reserved turkey juices. Stirring constantly, slowly add 2 1/2 cups water and bring to boil. Add neck and pepper; cook over medium heat, stirring constantly, until thickened, 7 to 10 minutes, adding more water to thin, if desired. Strain and serve with turkey.

Nutritional Information, per each of 15 servings: about 263 cal, 44 g protein, 12 g total fat (3 g sat. fat), 3 g carb, trace fibre, 152 mg chol, 463 mg sodium, 583 mg potassium. % RDI: 2% calcium, 9% iron, 2% vit C, 9% folate.

VARIATION

Oven-Roasted Brined Turkey
Roast turkey in 325 F (160 C) oven, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of thigh reads 170 F (77 C), 2 1/2 to 3 hours.

Go Back to the Future with Pepsi

Cristabelle Tumola
Metro | New York

Back to the Future II may have been more fiction than reality now that it's 2015 (we're still waiting on an actual hoverboard), but one of the film's creations is coming to life.

Pepsi announced this week that it is coming out with Pepsi Perfect — the famous soda Marty McFly orders in the second instalment of the trilogy.

> **Pepsi fans asked and we heard them loud and clear.... We are excited to be part of this moment.... The future is now!**
> Lou Arbetter, PepsiCo

"Pepsi fans asked and we heard them loud and clear," said Lou Arbetter, senior director of marketing for PepsiCo, said in a statement.

"The Back to the Future trilogy was as big a moment in pop culture history then as it is now, 30 years later. We are excited to be part of this moment and to bring fans something only Pepsi could deliver — and there's no need to wait: the future is now!"

There will only be 6,500 bottles of the drink available to purchase online via Amazon starting on Oct. 21 while supplies last.

Although each 16.9-ounce drink will be outfitted in a special collectible case, they'll contain regular Pepsi.

Each will also cost a lot more than your average soda at $20.15 US per bottle.

Collectible bottles of Pepsi Perfect will start selling on Oct. 21 for $20.15 US each. HANDOUT

Bring your A-game to the holiday table

ETIQUETTE

If you're into tradition, here are old-school manners tips

Theresa Albert
For Metro Canada

Holidays are rife with protocol and manners that you may just be breaking.

Do you know when it is rude to bring food or flowers to a host? That's right; your quick, kind stop at the flower shop may be working against you.

The new book Which Fork do I Use? (Burns Rosemarie and Reed, Linda, Manners Simply, 2014 $24.95 available online at mannerssimply.com) is laid out beautifully enough to be a gift itself. Which begs the question of whether this gift would be rude, hmmm.

Did you know:

• Food only moves in one direction when passed at the table. Everything from the bread basket to the turkey platter should always travel from left to right in a counter clockwise direction.

• When eating soup, it is OK to lean forward slightly but do not blow. Wait until it cools enough to consume and use your spoon to scoop from the top or the edges where it is likely to be cooler. Fill spoon only 3/4 full and scoop away from you. Tilt the bowl away from you if need be and tap the edge of the spoon against the rim furthest from you to level off any drips. When you're done, place the spoon in the "I'm finished" position with the bowl facing 4 o'clock across the dish.

• Bread should be placed on the side plate or the rim of your dinner plate if no side plate is available. Small pieces should be ripped from your own slice or roll and buttered on the plate. Never butter in mid-air or in your hand. (This is North American style, in France, for instance, bread goes on the table cloth and it isn't spread with butter.)

Don't spoil a beautiful Thanksgiving dinner with bad manners. ISTOCK

• When enjoying the main meal, it is considered rude to cut more than one bite at a time. Use your fork and knife (properly!) to slice one small bite-sized piece at a time and chew and swallow it.

• Coffee cups must be held by the handle, not cradled in the hands like a mug.

• Never push your plate away from you when finished — this is considered pretty rude. Instead, use the "I'm finished" signal by placing your fork and knife together in a 4 o'clock position.

• Crunching your napkin and tossing it into your finished plate whether it is paper or cloth is rude. Fold when you are finished and place to the left of your setting.

Of course, the key and critical tip is now and has always been "don't talk with your mouthful."

The truth is, that's just gross. Nothing you have to say is so important or entertaining that it will overcome the ick factor of seeing your food all chunked up and flopping around your maw. (Or worse, falling out.)

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Rhône Valley: Gateway wine to famed reds

Peter Rockwell
For Metro Canada

French wines travel with a lot of baggage.

There are the old wives' tales that they're all expensive, can only be drunk with food and, worse, that you have to be some kind of wine expert to truly enjoy them.

All are baloney. While France does produce some of the priciest juice on the planet, and they all make a great pairing with the appropriate cuisine, the country creates a wine for every palate and the vast majority can be drunk right out of the bottle.

Though the light, fruity wines of Beaujolais are often considered the liquid gateway into French wines, I recommend starting in the Rhône Valley, especially if you've trained your taste buds on juicy, New World red wines.

The Les Dauphins 2013 Côtes du Rhône Réserve ($12.95–$14.99) is a Grenache-led red made with grapes from the southern part of the region.

With its cool, retro label and vibrant, ripe berry flavours, it's a wine that will have even old wives rethinking their stand on French wines.

Prices reflect the range across the country. Some products may not be available in all provinces.

FOOD BRIEFS

Mexican nun joins cooking show to save her order

A plain-spoken Mexican nun has become an unlikely television star while trying to save her congregation from mounting debts.

Sixty-eight-year-old Florinda Ruiz Carapia, better known as "Hermana Flor," is one of five finalists on Mexico's version of Master Chef, a program in which contestants compete for a 1-million-peso ($78,000) prize.

That would at least make a dent in the approximately seven-million-peso debt that her order, the Congregation of the Passion of Jesus Christ, owes for loans it took out to build or expand schools, according to Alejandro Esquivel, producer of the TV Azteca show.

Hermana Flor is among the five finalists. With only three weeks left till the finale, she has proven so popular that Esquivel is a little worried about the potential backlash if the nun doesn't win. A panel of professional chefs judges the contestants on the taste, presentation and speed of their dishes. THE ASSOCIATED PRESS

American Horror Story: Hotel check-in

PREMIERE

New season with Lady Gaga promises to be freakiest yet

Brian Gasparek
For Metro Canada

Lady Gaga plays a nymphomaniac-vampire-fashionista in American Horror Story: Hotel.
CONTRIBUTED

The Fall TV schedule is about to get a whole lot creepier this evening. Tonight marks the season premiere of the fifth instalment in the American Horror Story anthology, American Horror Story: Hotel.

The newest chapter in the series promises to introduce us to another cast of terrifying characters that will most certainly haunt our living rooms for the next few months. This time around, they happen to be murderous, freaky hotel-dwellers and junkies.

The show will most likely scare our pants off, but based on all of the information that's emerged, it sounds like it's going to be incredible.

Here are seven cool facts that you should know about American Horror Story: Hotel.

1. If you thought the previous seasons were freaky...

The first four instalments in the AHS anthology completely freaked us out. Let's be honest: We would all have second thoughts now about investigating haunted houses, old asylums, potentially witch-filled boarding schools and evil circuses. But apparently that was nothing! AHS creators/producers Brad Falchuk and Ryan Murphy promise that American Horror Story: Hotel will be the darkest and scariest chapter yet. We probably shouldn't watch it alone.

2. Lady Gaga is a main character

AHS: Hotel will feature Lady Gaga in her first-ever role as a main character in a TV series. Gaga plays The Countess, the socialite owner of the creepy Hotel Cortez in Los Angeles, where the show takes place. It appears that her character is some sort of nymphomaniac-vampire-fashionista.

3. There will be ties to American Horror Story: Murder House

AHS: Hotel will be interconnected with the series' first instalment, AHS: Murder House. This chapter will feature an appearance by the Murder House, Marcy the realtor and other characters from the first chapter who have ties with the Hotel Cortez.

4. There will be a touch of New Girl

Schmidt will be checking into the Hotel Cortez. New Girl's Max Greenfield has a recurring role in AHS: Hotel as Gabriel, and it is said that the part is an intense departure from his sitcom character. Greenfield lost 30 pounds for the role and is said to have been involved in the most disturbing scene ever shot in the entire AHS anthology. Yikes.

5. It features a big budget

AHS producers opened their wallets for this instalment of the series. AHS: Hotel will feature one of the biggest sets in the anthology's history. It includes a two-storey soundstage, a working elevator and giant staircase.

6. It is based on a real hotel

Ryan Murphy said that a haunted hotel in L.A. called The Cecil inspired this season of AHS. The Cecil (now called Stay On Main) was the site of several murders, suicides and hauntings. It was also the residence of multiple serial killers.

7. Jessica Lange will not be featured

AHS: Hotel will be the first instalment of the series in which Jessica Lange (or her vocal styling) are absent. But several other mainstays will be returning, including Kathy Bates, Chloë Sevigny, Wes Bentley, Matt Bomer, Denis O'Hare, Angela Bassett, Evan Peters and Sarah Paulson.

WATCH IT

All-new instalment
American Horror Story: Hotel premieres tonight at 10 p.m. ET on FX.

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, and Ottawa, ON, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of a double pass to a screening of FREEHLED on October 15, 2015. Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on October 5, 2015 and closes at 11:59 pm ET on October 11, 2015. To enter and for complete contest rules visit www.clubmetro.com.

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metro DRIVE

Your essential daily news

Mercedes-AMG GT S named Motor Trend Best Driver's Car for 'precise steering,' 'massive power'

Born to go off the beaten path

ROAD TESTED

REVIEW

Power Wagon is factory equipped for serious off-road prowess

Mike Goetz
For Metro Canada

The Ram 2500 Power Wagon is not your typical heavy-duty pickup.

While the Power Wagon throws on all the formidable cargo and towing capacity only availably in these heavy-duty monsters (classified either as 2500 or 3500 series trucks), this particular Ram model is also "factory equipped" for the roughest of off-road conditions.

Typically you need to go to the aftermarket to equip a pickup to be this off-road serious. The only other factory-equipped pickup in this off-road league is the Ford F-150 Raptor, but the Raptor is a "light duty" pickup. It's also not currently available, as Ford preps a new version for 2016.

The 2500 Ram Power Wagon is also not a typical vehicle to use for a family sightseeing vacation in Alberta. But when I was scouting for a test vehicle that would be available during our week in the province, and the fine folks at FCA Canada said this particular Power Wagon was primed and ready to go, well, I grabbed it, like a rodeo rider at the Stampede gripping the reins of a bull named ER Eddy. Experiencing Alberta by heavy-duty, off-road pickup? That sounded like a cool and appropriate combination.

So what follows is not your typical road test, but a few random thoughts on family life with this beast during a great week in Alberta:

- Six pieces of luggage (four carry-on and two check-in) did not make an appreciable dent in the almost 2,000-lb payload capacity. Going in, I thought such a lightly loaded pickup would certainly be jiggly most of the time, but Ram's class-exclusive multi-link rear suspension, and recent frame stiffening, resulted in a surprising civil ride.
- Even with "cylinder deactivation" (which shuts down four cylinders when not needed), the 6.4-litre "Hemi" V8 was always thirsty. Whenever I filled the tank, I turned my back on the pump, trying to ignore how the rolling numbers would invariably climb to the $100 mark.
- You sit incredibly high in this thing. People in regular pickup trucks crane their necks to look up at you, and say, "Don't hurt me" with their eyes. But with the cabin floor about two feet off the ground, and no running boards to get in the way of ground clearance, getting in was a challenge.
- Interior comfort is afforded by two great attributes: This is a very wide truck with lots of elbowroom for everyone, and also a surprisingly quiet truck.
- The massive front grille is designed to scare people and does. Lots of drivers let me pass once they saw that grille fill their rearview mirrors. And with 410 horsepower and 429 lb-ft of torque, passing was always low stress, even on mountain passes.

THE CHECKLIST | 2015 RAM 2500 POWER WAGON

THE BASICS

Type. Four-door, heavy-duty, full-size, 4x4 pickup
Power. 410-hp, 6.4-litre V8
Transmission. 6-speed automatic
Price. Base $57,395 (plus destination)

NOTABLE FEATURES

- Electric front winch, Bilstein gas-charged shocks, and skid plates
- Automatic disconnecting front stabilizer bar for increasing suspension travel
- Uconnect multimedia centre with voice command and Bluetooth

MIKE GOETZ/FOR METRO

POINTS

- Only 2500 Ram that offers special off-road front suspension, which offers more flexibility and axle articulation for negotiating super rough terrain
- Class-exclusive multi-link rear suspension contributes to surprisingly smooth and competent "car-like" handling on regular pavement
- High ground clearance and ride height make getting in a gymnastic event

MARKET POSITION

- Ram's most off-road-ready heavy-duty pickup — no aftermarket modifying required
- Targeted to the truck crowd, who believe subtlety, wherever it's found, should always be crushed with a big rock
- Built and equipped for extreme work or play, including heavy towing

THE COMPETITION

GMC Sierra 2500HD
Base price: $40,795

Ford F-250
Base price: $26,299

Nissan Titan XD
Base price: TBA

GERMANY

Self-driving milestones herald 'a new era for mobility'

Last Friday the Mercedes-Benz Actros became the world's first production truck to drive autonomously on a public road.

"Today's premiere is a further important step towards the market maturity of autonomously driving trucks — and towards the safe, sustainable road freight transport of the future," said Daimler board member Dr. Wolfgang Bernhard of his journey on the A8 between Denkendorf and Stuttgart airport.

Thanks to a sensor array plus active safety systems, the truck is capable of taking over driving responsibilities in pre-defined situations such as on highways, where traffic flows and potential hazards are more predictable. The Highway Pilot Mode, which can be engaged and disengaged by the driver, can autonomously ensure a safe distance from the vehicle ahead while maintaining lane discipline. If the car in front slows, the truck also applies the brakes automatically.

Friday's demonstration was approved by the German state of Baden-Württemberg, following an inspection of the vehicle by the German Technical Inspection Authority.

The Mercedes-Benz Actros with Highway Pilot. DAIMLER AG

Meanwhile in France ...

On the same day, in neighbouring France, a Peugeot Citroën prototype became the first self-driving car to travel on French public roads, navigating from Paris to Bordeaux fully autonomously.

As the first carmaker to obtain permission for self-driving technology testing on the nation's roads, the company had a head start on its rivals. Nevertheless, the 580-kilometre trip was a first for PSA Peugeot Citroen and for France as a whole, as it was the first time an autonomous car had driven on a public road within the country's borders.

"The journey made by our prototype today proves that autonomous vehicles are no longer a matter of science fiction," said Carlos Tavares, chairman of the managing board of PSA Peugeot Citroën, on Friday. "This ushers in a new era for mobility, which I find truly exciting." AFP

The PSA prototype car.
PSA PEUGEOT CITROEN

Mapping a better way to get around

DRIVING FORCE

Navigations systems have come a long way from paper days

Jil McIntosh
For Metro Canada

Vehicle navigation systems are a great way to get around, figuring out your route and guiding you through all the turns. But they need to be regularly updated, and they're going to have to become even more sophisticated to play a vital role in the future of autonomous driving.

"There's a big push for self-driving cars, and in the development of maps and location information," says Harold Goddijn, president and CEO of TomTom. "There's a whole new technology that must come together."

Mapping it out

To make an electronic map, navigation companies work with automakers to determine the specifications required. Then it's all about legwork. The mapmakers first go to local governments to see what maps they have, and digitize as much of these as they can. They then send employees out to drive the roads, using mobile mapping vans equipped with laser, radar and GPS to collect data, which is incorporated into the system.

Keeping it current

Once the navigation map is made, the next challenge is to keep it up to date. The company asks customers to report inaccuracies and changes, but it also watches vehicles connected to the network. TomTom can't identify individual cars, but it sees what traffic overall is doing.

"If we see a lot of people driving on what we think isn't a road, we look at satellite pictures to see if there's a (new) road there," Goddijn says. "Or when we see large amounts of cars making traffic violations because they are going down a one-way street, it's probably something that has changed in the direction of flow."

Right now, updating maps in existing vehicles can be a cumbersome task, but as more and more vehicles come online through wireless connections, navigation companies can download new information to them.

Self-driving cars

The next big hurdle for mapmakers is developing systems that are accurate enough that autonomous cars can use them without the driver's assistance.

"We need to know how many lines are on the road, how many lanes there are, and 20-centimetre accuracy where an exit starts and where it ends," Goddijn says. "We need all that to give the computer in the car the information to accurately plan its next manoeuvre, and know where it is and where it's heading."

This will require even more map maintenance, because while a driver can see a change in traffic patterns ahead and take a different route, an autonomous car following an outdated map might not be aware of detours due to construction or crashes.

"We're building a self-learning and self-improving system that's highly automated and based on machine learning and other technologies," Goddijn says. "This will help us to make sure that the maps are accurately reflecting the reality."

Navigation systems must be updated regularly, which will be even more important for self-driving cars. COURTESY TOMTOM

HISTORY

- In the 1930s, you could buy a device that attached to the speedometer and scrolled through a paper map as you drove, showing crossroads and turns.
- Honda first offered a navigation system in the 1981 Accord, which used road patterns and a gyroscope to pinpoint the car's location.
- Cars initially used maps stored on cassettes and CDs, while Pioneer introduced a GPS system in 1990.

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EVOLUTION OF EVOQUE LAND ROVER TO LIFT THE LID ON ITS CONVERTIBLE IN NOVEMBER
The date is set for the official unveiling of the first-ever soft-top Range Rover car. To tease the upcoming November launch of the Evoque convertible, expected to be Land Rover's centrepiece at the L.A. motor show, the company has been up to its usual high-profile publicity tricks. Last week it filled a number of roads around London with colourful full-size aluminum wireframe sculptures showing the car progressing from coupe to convertible form. TEXT: AFP; PHOTO: LAND ROVER

GAMING

WRC 5 eSports tournament to run alongside real-world Championship races

Motorsports game WRC 5, which arrives this month, will star in an eSports tournament that is to take place in parallel with the 2016 World Rally Championship.

As well as being the official game of the FIA's World Rally Championship, WRC 5 will also be the focal point for the racing competition's official eSports tournament.

A 10-round 2016 Championship will start in Monte Carlo on Jan. 21. It's the first time an official eSports championship will run at the same time.

That sort of digital duplication is planned throughout 2016's WRC season, with the Electronic Sports League partnering for the events. AFP

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Pop-up café and food market for a cause

Doesn't it feel great when something you enjoy is also good for the environment and people around you?

This Thursday, local organic food company Nature's Path will be holding Eat Well Do Good, a chance for Vancouverites to shop and dine on fresh, local organic food — for a great cause. Visitors can come to the Vancouver Art Gallery (Robson Square) for breakfast or lunch at the Eat Well Do Good Cafe, or swing by after work and do their grocery shopping at the Eat Well Do Good Marketplace. One hundred per cent of proceeds from purchases will be donated to the Greater Vancouver Food Bank Society and Food Banks BC.

"There's not much I love more than a beautiful and delicious meal. But this season also makes me think about all of the families in Vancouver who struggle every day to afford even basic groceries," says Vancouver Food Reporter and Eat Well Do Good ambassador Erin Ireland. "I share Nature's Paths' and the food bank's vision for healthy, accessible sustainable food for all. No one should ever have to go without quality, nutritious food on their table."

Visitors can start their day at the cafe with Nature's Path hot waffles with maple syrup, or a selection of granolas and cereals on the menu. And of course there's freshly brewed, Fairtrade organic coffee. On the lunch menu, visitors can enjoy a nacho bar by local brand Que Pasa, gooey grilled cheese sandwiches made with wholesome bread by Silver Hills Bakery in Abbotsford and L'Ancêtre cheese from Quebec. Or warm up with savoury cashew carrot ginger or creamy tomato soup from Pacific Foods.

In a hurry? Get a grab-and-go lunch bag instead.

"You're going to eat lunch anyway, so why not eat for a good cause," says Ireland.

At the marketplace, visitors will be able to get a giant bag of Nature's Path cereals, bars and other products, as well as fresh produce for just a $20 donation. Local, organic products are available for individual purchase too, including bread from Silver Hills Bakery, juices from Happy Planet, coffee from Ethical Bean and soups by Pacific Foods.

CONTRIBUTED

"There's no need to pack your lunch tomorrow," Ireland says. "Come enjoy a delicious organic meal in support of those who are less fortunate."

This event would not be possible without the generosity of Metro News Vancouver, Avalon Dairy, Bullfrog Power, Ethical Bean Coffee, Happy Planet, L'Ancêtre, Pacific Foods, Rise Kombucha, Scotiabank, Silver Hills Bakery, and Sambazon.

More than just a meal

When visitors shop and eat at Eat Well Do Good this Thursday, October 8, they will be doing much more than nourishing themselves — they'll be helping feed those in need.

One hundred per cent of every dollar you spend at Eat Well, Do Good will go toward purchasing food for people in need in the Lower Mainland and across B.C. Now in its seventh year, Eat Well Do Good was founded by Nature's Path Foods Inc. Co-CEO and Co-founder Arran Stephens. He saw the Dalai Lama speak and was inspired by his message: transform your compassion into action. The avid gardener and organic pioneer took that message to heart, and decided that feeding his community was a natural way for him to make real change.

"No one should have to go without quality, nutritious food, regardless of circumstance," Stephens says. "We invite fellow Vancouverites to open their hearts and fill their bellies with delicious organic food, all in support of our community's hungry."

Since Eat Well Do Good began, the event has raised more than $600,000 in Vancouver, feeding more than 28,000 families. Nature's Path will match all donations in food up to 40,000 pounds of food sold at this market, the equivalent of 55,813 boxes of granola.`

"We hope to make this the biggest year yet," says Stephens.

THE BASICS

What: The Eat Well Do Good Foodraiser , presented by Nature's Path.
Come down to eat breakfast or lunch at the cafe and get your groceries at the marketplace. All products are organic, and 100 per cent of proceeds benefit food banks in Vancouver and across B.C.
When: Thursday, Oct. 8, 6 a.m. to 7 p.m.
Where: The Vancouver Art Gallery (Robson Square), Vancouver
Admission: Free
Eat at the café: At $5 for breakfast, $10 for lunch, the café offers delicious, nutritious fare for the same price or less than you'd find at a run-of-the-mill downtown eatery.
Shop at the marketplace: Pick up fresh, organic groceries at the Eat Well Do Good Marketplace. Products are donated by local brands including Ethical Bean Coffee, Silver Hills Bread, Happy Planet and Pacific Foods soups.
Do good while you're at it: 100 per cent of funds raised from purchases at the cafe and marketplace will go towards the Greater Vancouver Food Bank Society or the BC food bank of buyers' choice, via Food Banks BC.
Find out more: eatwelldogood.ca

Father and son: Globetrotters

PASSION FOR TRAVEL

Keeping the family tradition for adventure going strong

Michele Sponagle

For Tim Johnson, travel isn't just a passion; it's a way of life. The 36-year-old journalist, born and raised in Peterborough, Ont., started globetrotting in his early 20s when he backpacked with friends to destinations across Europe and Central America, and hasn't looked back.

To date, he's visited more than 100 countries on all seven continents. He craves the adventure that spots off the beaten track deliver, like Turkmenistan and Uzbekistan. Countries with a strong distinct culture and warm, welcoming people, like Bhutan, Mongolia and Mozambique, intrigue him and keep those stamps in his passport multiplying at a steady pace.

Sometimes, Johnson roams solo; other times, with journalist colleagues. As a kid, it was a family affair with his mom and dad loading up the car with the kids and hitting the road. Everyone got involved in the planning of their vacation. It was something the whole family anticipated and talked about right up until the time came to pull out of the driveway.

"Whether we went to Walt Disney World in Florida, Yellowstone Park or Alberta's Rocky Mountains, it was always a blast," Johnson says. "One year, we hit the road for five weeks in a row, driving much of the way down old Route 66, visiting the Grand Canyon, Las Vegas, Los Angeles and San Francisco, up to the Okanagan Valley and back across Canada. Our entire family loves to travel."

As an adult, he continued to travel with his parents. He invited them along for a trip to Hawaii — a place his mom always dreamt of visiting. It was truly a vacation of a lifetime.

After his mom passed away in 2014, he wanted to keep the family tradition going by inviting his dad, now 67, to accompany him while he was researching various stories.

Their travels began modestly with a weekend trip to Ottawa. Despite the frigid cold, they were able to indulge their love of history with stops at the Diefenbunker, Parliament Hill for question period and the Royal Canadian Mint.

"It wasn't a particularly glamorous trip, given the season, but it was a nice little long weekend away," says Johnson. "We both enjoyed it and then we started planning the bigger trips."

He's able to travel with his father by using points he's accumulated both through two bank-issued travel rewards cards and with miles earned while flying.

"It's a lot better than spending my own money," he says. Recently, he redeemed his points for two flights to Victoria.

Johnson sees redeeming his travel rewards points as a way of saying 'thank you' to his dad.

"It's something really great to be able to do something nice for my father after all he's done for me. He has always been there for me as a dad," he says. "When we travel together, he likes to tell people, 'You see… all those early morning hockey practices I took my son to? They're paying off!'"

The greatest gift of exploring the world with his father has been getting to know him better.

"We always had a good relationship when my mother was alive, but it was different. Now, our communication is more direct and we talk more," Johnson says. "In Nevis, we spent a lot of time just sitting on the balcony of our hotel, which overlooked the sea and the mountains of St. Kitts, and just talked, for hours even. We would both bring books out there, but inevitably we ended up talking more than reading."

Tim Johnson, right, has visited more than 100 countries on all seven continents. CONTRIBUTED

Father and son at a baseball game in Seattle. CONTRIBUTED

Johnson is able to travel with his father by using points he's accumulated both through two bank-issued travel rewards cards and with miles earned while flying. CONTRIBUTED

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metro SPORTS
Your essential daily news

The New Jersey Devils plan to retire Martin Brodeur's No. 30 and build the goalie great a statue

DRUG POLICY

Players react to cocaine report

Cocaine was a hot topic at NHL practices on the eve of the regular season's opening day after a report that the drug's use is up among players.

In an interview with TSN, deputy commissioner Bill Daly said cocaine use in the league has risen, adding that he didn't think it was a crisis involving more than 20 players.

Daly said he wasn't sure how many players use the drug because the league doesn't "test in a comprehensive way."

Reactions on the report and the possibility of more drug testing were varied. At Montreal Canadiens' practice, P.K. Subban said he's not in favour of players doing drugs.

"Our message to kids is always, 'Don't do drugs,'" Subban said.

"Regardless of what the league does, that is something that is unfortunately out there, not just in hockey but in the world. I don't know what the situation is in hockey, but cocaine's a crazy drug."

Rumours of players using cocaine are nothing new. Jarret Stoll was arrested in April for cocaine possession at a Las Vegas hotel.

The NHL and NHL Players' Association have had a Substance Abuse and Behavioural Health Program (SABH) in place since 1996.

As part of the NHL's drug-testing program, there are 2,400 samples taken each season for inspection for performance-enhancing substances.

A third of them are also screened for so-called "drugs of abuse," though a positive test does not carry any kind of suspension or fine.

THE CANADIAN PRESS

"It doesn't deserve and need a lot of publicity. We just need to take care of business.

Commissioner Gary Bettman's response last week when asked about off-ice incidents but not specifically cocaine.

The product of tenacity

Centre Adam Cracknell moves the puck past the Sharks' Joel Ward during pre-season action on Sept. 29 in San Jose. TONY AVELAR/THE ASSOCIATED PRESS

CANUCKS

Cracknell catches eye of management to make roster

Adam Cracknell flashes a smile when summing up the journey through professional hockey that brought him to the Vancouver Canucks.

"A lot of driving," he said. "I wouldn't change it. I'm here now. It's all led to this."

The 30-year-old, who didn't even sign with the Canucks until the end of August, surprised many observers, including his new coach, by making the team out of training camp and will be on the roster when Vancouver opens the season Wednesday in Calgary against the Flames.

"It's a lot of learning, a lot of one-year deals. This is my seventh one," said Cracknell. "You can't take your foot off the gas. It's just how it has to be and that's how I've had to approach my career."

While most of the talk in Vancouver during pre-season centred around whether or not the team would keep highly touted 19-year-old forwards Jared McCann and Jake Virtanen — both players made the team along with 22-year-old defenceman Ben Hutton — Cracknell also caught the eye of management, beating out Linden Vey for the fourth-line centre's job.

"I'm not going to try and play anyone else's game other than mine.

Adam Cracknell

"That's just an example of a guy who came in, had a great camp and was a great fit for that spot," said Canucks president of hockey operations Trevor Linden. "Adam's a tremendous person and we brought him in for his character and his leadership."

Added head coach Willie Desjardins: "I certainly had an open mind, (but) I didn't foresee him here."

Cracknell has six goals and 11 assists in 82 career regular-season NHL games to go along with a goal in 10 playoff contests.

A ninth-round pick of the Flames back in 2004, the Victoria native was in the St. Louis Blues' organization for six seasons before signing with the Los Angeles Kings last summer. He was cut in training camp, claimed by the Columbus Blue Jackets and eventually wound up back in the AHL.

"I've had a taste of playing in the National Hockey League and I just don't want to give up on it," said the six-foot-two 210-pound Cracknell. "Getting to the NHL is one thing, staying in the NHL's another. There's always guys on your heels. I just have to come in here and prove they made the right choice."

THE CANADIAN PRESS

Frankie Corrado
RICH LAM/GETTY IMAGES

Corrado claimed off waivers by Leafs

Frankie Corrado was at his grandmother's house in Woodbridge, Ont., when he found out the Toronto Maple Leafs had claimed him off waivers from the Vancouver Canucks.

"We just started jumping around and hugging each other," Corrado said. "It's as good as it gets."

The 22-year-old defenceman wasn't as thrilled to find out he hadn't made the Canucks, but he hopes to stick in the NHL with the team he grew up rooting for.

"In my head I thought I was good enough to play and had done well enough (in Canucks camp)," Corrado said. "Just by the decision they made they clearly thought that it wasn't good enough. That's their decision, and they have a lot of good defencemen there who can play. It's over now and I'm here now and I just want to make the best of this opportunity."

Corrado will soon get that opportunity, potentially on the third defensive pairing alongside Jake Gardiner. Scott Harrington, who was in that spot for the past two days of practice, was sent to the American Hockey League's Toronto Marlies on Tuesday to get the Leafs to the 23-man roster limit by the deadline.

THE CANADIAN PRESS

Canucks defenceman Matt Bartkowski hits the Oilers' Leon Draisaitl last Saturday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Hoping for luck to strike twice

THE HOCKEY NEWS
Ronnie Shuker

GM Jim Benning has a plan. That much we know. The problem is no one outside the organization — heck, the players probably don't even have a clue — knows what it is.

Canucks fans can forgive themselves for feeling yo-yoed after an off-season of mixed messages from management.

Eddie Lack and Kevin Bieksa dealt for draft picks? OK, cue the rebuild. That's how Chicago and L.A. became powerhouses. Smart thinking, suits.

Hold on. Zack Kassian, 24, traded for Brandon Prust, 31? And $6.25 million blown on Derek Dorsett and Luca Sbisa? The Canucks aren't rebuilding, they're reloading.

Or are they retooling? After all, they swapped centres with the Pittsburgh Penguins, dealing Nick Bonino for Brandon Sutter. But that move was like exchanging a chainsaw for a rusted handsaw. Sutter is a poor possession player who has put up 29 fewer points than Bonino the past two years and comes with $3.3-million cap hit to Bonino's $1.9 million.

Having a plan means bupkis if it isn't the right one, and Benning's has all the hallmarks of the can't-have-your-cake-and-eat-it-too variety. He plans on keeping the Canucks competitive while continuing to develop their young talent.

Good luck with that. Almost every team in the Pacific Division has improved. Anaheim added Carl Hagelin and Chris Stewart, Los Angeles added Milan Lucic, Calgary added Dougie Hamilton and Michael Frolik, San Jose added Joel Ward and Paul Martin, and Edmonton added Connor McDavid. Only Arizona is guaranteed to be worse than Vancouver.

And the Canucks can't even count on luck being on their side.

Vancouver was a paper tiger last season with a record of 49-29-5, because almost half their wins came via the slightest of margins. They were 22-4-5 in one-goal games but just 26-25-0 in two-goal games or more. Analytics experts have proven that records in one-goal games are indicative of luck, while larger goal differentials are indicative of skill. So, basically, the Canucks were a .500 team that got really lucky in one-goal games. Luck has a funny way of not carrying over from one season to the next, so when that sparkling one-goal record goes south this season so will Vancouver's playoff hopes.

Whatever Benning's blueprint may be, the only plans the Canucks should make for mid-April are tee times.

IN BRIEF

Habs back Kassian

Montreal Canadiens players are pulling for teammate Zack Kassian, who has entered Stage 2 of the league's substance abuse and behavioural health program.

"I sent him a text and he responded," defenceman P.K. Subban said Tuesday. "I just told him he has all the support of the guys here.

Zack Kassian THE CANADIAN PRESS FILE

"My first thought was that you just want to make sure he's OK, regardless of what's happening in the situation."

Kassian was placed in the joint NHL-NHL Players' Association program after he was involved in a single-vehicle accident early Sunday morning. The 24-year-old suffered a broken nose and broken left foot, while two women in the vehicle also suffered non-life threatening injuries when the truck they were in hit a tree. THE CANADIAN PRESS

Jays ride support of country into playoffs

MLB

Game 1 in Toronto's series vs. Texas goes Thursday

Marcus Stroman during a team workout in Toronto Tuesday. Stroman will be the Jays' starting pitcher for Game 2 of their series against the Rangers. DARREN CALABRESE/THE CANADIAN PRESS

First baseman Chris Colabello experiences Blue Jays fever every time he looks at his phone or steps out his door. "It's pretty epic," he said.

Colabello, a platoon player who readily admits he's nowhere near the top of the Jays' star pecking order, says just getting a cup of coffee is an adventure these days. "That's a testament to how much this city loves their team and appreciates what we've done for them," he said. "And we hope to continue it for them."

Toronto's wild ride this season will go up a gear Thursday when the Blue Jays host the Texas Rangers in Game 1 of their American League Division Series. It's Toronto's first visit to the postseason since winning a second straight World Series in 1993 and interest is booming.

Toronto ace David Price will face Texas' Yovani Gallardo in the series opener while Marcus Stroman, adding a new chapter to his remarkable comeback from spring training knee surgery, takes on Rangers marquee man Cole Hamels in Game 2 Friday.

The best-of-five series will then descend on Texas for the next two games, if necessary, with Game 5 in Toronto if needed. A relaxed bunch of Jays met the media Tuesday before working out at the Rogers Centre to the diverse sounds of Miguel, Beck, Fetty Wap, Lynyrd Skynyrd, Led Zeppelin, the Zac Brown Band and Hardwell.

Promotions for Thursday's game flashed on the giant scoreboard as the players held batting practice. Earlier, manager John Gibbons leaned back in his chair as he chatted with reporters in his office. "I feel good," he said. "Nice and relaxed. I feel good about the way the year's gone. And I think we've got a real shot to advance in this thing."

Toronto (93-69) went 4-2 against Texas (88-74) this season. Toronto and Texas were 1-2 in scoring runs in the second half of the season when Toronto went 48-23 and Texas 46-28.

THE CANADIAN PRESS

PRICE IS RIGHT

In David Price's only start against the Rangers this season, he allowed two runs in six innings in Toronto's 12-4 win at Texas on Aug. 26.

Carlos Gomez of the Houston Astros celebrates with Chris Carter after hitting a solo home run ELSA/GETTY IMAGES

POST SEASON

Astros take out Yanks in wild-card game

Dallas Keuchel pitched three-hit ball for six baffling innings, Colby Rasmus and Carlos Gomez each homered, and the Houston Astros beat the New York Yankees 3-0 Tuesday night in the American League wild-card game.

The Astros now advance to the AL Divison Series, where they will face the defending AL champion Royals. Game 1 is Thursday in Kansas City.

Keuchel worked 16 scoreless innings against New York in the regular season, and the bearded 20-game winner was just as tough pitching on three days' rest for the first time in his career.

He struck out seven while walking one. Rasmus sent Masahiro Tanaka's first pitch of the second inning soaring into deep right field. American League hits leader Jose Altuve had an RBI single off Dellin Betances in the seventh. THE ASSOCIATED PRESS

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RECIPE Lemon Orzo Soup with Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup combines a creamy texture with bright flavours. It also makes enough you can take it for lunch the next day.

Ready in
30 minutes
Serves 6

Ingredients
- 8 cups of low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, boneless chicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.

2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.

3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.

4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

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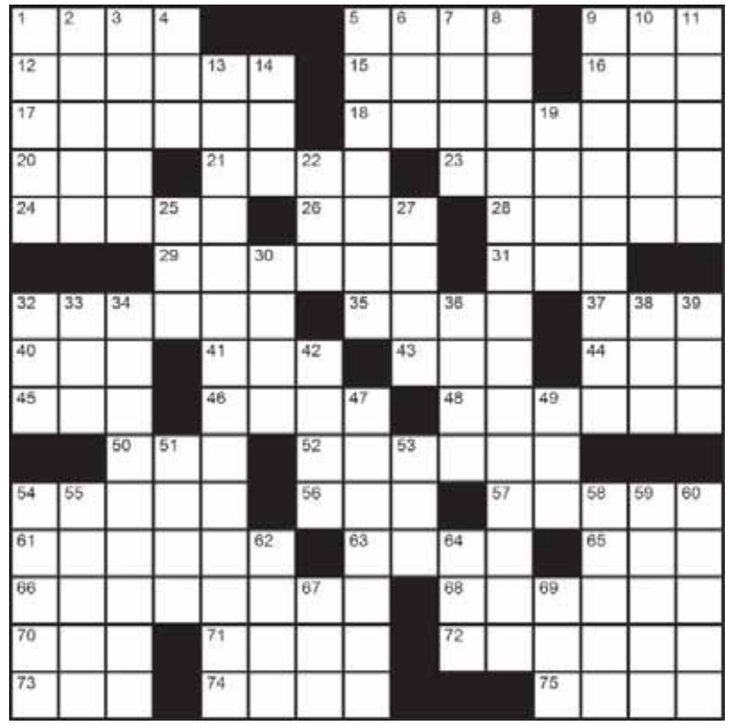
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Exhausts
5. "Thunderstruck" rockers
9. AmEx transaction
12. Country in Africa where Lilongwe is the capital
15. Gordon Pinsent's actress daughter
16. Tee-__ (Chuckle)
17. Public speaker
18. Captain Kirk's urgent warning on the U.S.S. Enterprise: 2 wds.
20. Extra cottage bed
21. Two notes following Do...
23. Extraterrestrials
24. Pray
26. Lettered grocery chain
28. Fun-sounding instrument
29. Ms. Piaf's
31. Since-1916 car co.
32. Car race tune: "__ __ Lincoln"
35. Root vegetable
37. Owns
40. Pub drink
41. Minimal
43. Ms. Zadora
44. "Letters from __ Jima" (2006)
45. 'B' or 'C' of The Spice Girls
46. Dead and Red
48. Game show winners go home with them
50. And so forth [abbr.]
52. Sportswear brand
54. Pant style
56. "Babe: __ in the City" (1998)
57. Essentials
61. Friendly nations
63. Word on the banana's sticker
65. Gusto
66. Tell the patient what the problem is
68. Spanish dramatist, Juan del __
70. Mr. Liotta
71. Arctic fish
72. __ Graham ...better known as Canadian rapper Drake
73. 'Baron' suffix
74. Forever and evers
75. Puts into place

DOWN
1. Artist's protection from splashes
2. Brother of Moses
3. 'Home' spot in baseball
4. Was in session
5. Okay, at times
6. So-so grade
7. Papa
8. Specials of the day can be erased from it each day: 2 wds.
9. Orange-in-colour spread by Kraft: 2 wds.
10. "Tell __ __" by The Zombies
11. Whitney Houston hit bit: "I __ __ emotional baby / Every time I think of you."
13. Edmonton attraction, Telus __ __ __
14. Pique
19. One Direction member
22. Univ. in "Good Will Hunting" (1997)
25. 'Puppet' suffix
27. Rushed letters
30. Idea: French
32. Theatrical attention-lover
33. Flamenco exclamation!
34. Some creations by TV writers
36. Like a no-longer-green banana
38. Wonderment
39. Therefores
42. Papery nest builder
47. Web weavers
49. A E __ __ and sometimes Y
51. Li'l math course
53. Tip to 'mania'
54. Inner circle
55. Assumed name
58. Church topper
59. Dogma
60. __ or neuters
62. Artsy area of Manhattan
64. Ms. Michele of "Scream Queens"
67. Actress, Laura __ Giacomo
69. Billy Joel's ex ...her initials-sharers

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today's Mars-Neptune link may make it a bit harder to get along with someone on the work front. The fact is you can quite easily get along without their help, so don't worry about it.

Taurus April 21 - May 21
Get on top of your workload before it gets on top of you. Shut out distractions and tackle each task with energy and enthusiasm. But don't stop there — get ahead.

Gemini May 22 - June 21
A friend may not have been very supportive of late but that does not mean they are turning against you. It's more likely they have worries of their own to contend with.

Cancer June 22 - July 23
Don't try to cheer yourself up by wasting money on things you don't need. You may be expecting to come into some cash but don't spend it all before it actually arrives.

Leo July 24 - Aug. 23
Don't take things too seriously. With so many changes taking place you need to stay calm and be flexible in your approach to everyday problems. They are not worth getting worked up about.

Virgo Aug. 24 - Sept. 23
Try to remember that while some people respond best to reason, others respond best to emotion. Pick the right approach for each individual and you will get more.

Libra Sept. 24 - Oct. 23
If your energy level seems a bit low don't push yourself too hard. Mars in the most sensitive area of your chart means if you double your efforts the returns are likely to be lower than you expected.

Scorpio Oct. 24 - Nov. 22
Your emotions are quite raw and it may seem as if every little thing is a matter of life or death. But it isn't and soon you will get a new and more positive perspective on life.

Sagittarius Nov. 23 - Dec. 21
Be selective in the tasks you take on. If you throw yourself at each little challenge you may not have enough energy left to tackle the really big challenges that are coming.

Capricorn Dec. 22 - Jan. 20
You are worthy of success. Don't avoid challenging situations simply because you fear you are not up to the task. Believe in yourself.

Aquarius Jan. 21 - Feb. 19
You need to let certain people know that you no longer care what they say or do. That might sound a bit extreme but if you don't do it now they will keep annoying you and make an even bigger falling-out more likely later on.

Pisces Feb. 20 - March 20
You may have to endure a few setbacks this week but don't let them unsettle you. Above all, don't lose your temper with people you have to work with on a day-to-day basis.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6	3	4				7	
9					5			4
2					3	8		
4						6	2	
	9	5						1
		7	8					9
8			6					5
	5				9	3	6	

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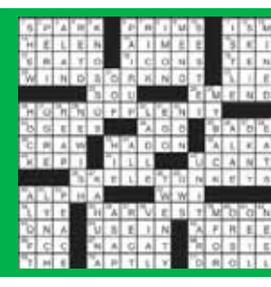

5	9	3	1	7	6	4	2	8
2	8	7	9	4	5	3	1	6
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7	4	8	3	5	1	2	6	9
6	2	1	7	9	4	8	5	3
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4	7	2	6	8	9	5	3	1
8	1	6	5	3	2	9	7	4

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